

Sun Sals x5,  
gurmasana arms



Virabhadrasana I  
Warrior I



Virabhadrasana II  
Warrior II



Anjaneyasana  
Low Lunge



Ardha Chandrasana  
Half Moon



Utkatasana  
Chair

cactus arms



Utkatasana with Anjali Mudra Twist  
Chair with Prayer Twist



Parivrtta Parsvakonasana  
Revolved Side Angle



Ardha Chandrasana  
Half Moon



Eka Pada Adho Mukha Svanasana  
One Leg Downward Dog



Catuspadapitham  
Upward Facing Table RS



Parsvottanasana  
Intense Hamstring Stretch



Utthita Trikonasana  
Extended Triangle



Ardha Chandrasana  
Half Moon



Parivrtta Trikonasana  
Revolved Triangle



Adho Mukha Svanasana  
Downward Facing Dog



Virabhadrasana I  
Warrior I



Virabhadrasana II  
Warrior II



Anjaneyasana  
Low Lunge



Ardha Chandrasana  
Half Moon



Utkatasana  
Chair



Utkatasana with Anjali Mudra Twist  
Chair with Prayer Twist



Parivrtta Parsvakonasana  
Revolved Side Angle



Ardha Chandrasana  
Half Moon



Eka Pada Adho Mukha Svanasana  
One Leg Downward Dog RS



Vasisthasana  
Side Plank V



Virabhadrasana I  
Warrior I



Utkatasana  
Chair



Garudasana  
Eagle



Utthita Hasta Padangustasana  
Extended Hand to Big Toe



Virabhadrasana III  
Warrior III

gurmasana arms



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