



25. Standing Spinal Twist



24. Side To Side Movement



23. Standing Squat



22. Standing Pelvic Tilt - Exhale



21. Standing Pelvic Tilt - Inhale



30. Squatting Birth Pose



29. Moving Into Squat



28. Reaching



27. Tree Pose



26. Aramis Pose



33. Supported Leg Extension



32. Side-Lying Bending Position - Rotate Ankle



31. Side-Lying Leg Lift



36. Lying Pelvic Tilt - Exhale



35. Lying Pelvic Tilt - Inhale



34. Half Bow



Special Thanks To:
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modeling these yoga poses.

The pose to be added to the accompanying audio recording. Whole Earth Yoga

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11. Cat Pose - Inhale



12. Cow Pose - Inhale



13. Cat Pose - Exhale



18. Easy Forward Bend



20. Standing Mountain Pose



14. Child's Pose



15. Downward Dog



16. Side Plank



17. Side Plank



19. Calling Up To Standing



18. Pigeon Pose



19. Calling Up To Standing



20. Standing Mountain Pose



21. Side Plank



22. Side Plank



23. Side Plank



24. Side Plank



25. Side Plank



26. Side Plank



27. Side Plank

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28. Side Plank



29. Side Plank



30. Side Plank