



1. Meditation



2. Sitting Pelvic Tilt - Exhale



3. Sitting Pelvic Tilt - Inhale



4. Picking Grapes



5. Crescent Moon



6. Forward Neck Release



7. Side Neck Release



8. Open Heart



9. Open Back / Hug



10. Mother And Child



11. Cat Pose - Inhale



12. Cat Pose - Exhale



13. Puppy Dog Pose



14. Swan Pose
(end of side one on cassette)



15. Super Mom



16. Child's Pose



17. Squatting



18. Easy Forward Bend



19. Curling Up To Standing



20. Standing - Mountain Pose

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YOGA
 with
ROBIN SALE
 WHOLE BIRTH RESOURCES



21. Standing Pelvic Tilt - Inhale



22. Standing Pelvic Tilt - Exhale



23. Standing Squat



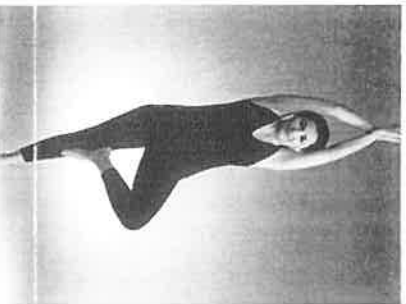
24. Side To Side Movement



25. Standing Spinal Twist



26. Artemis Pose



27. Tree Pose



28. Reaching



29. Moving Into Squat



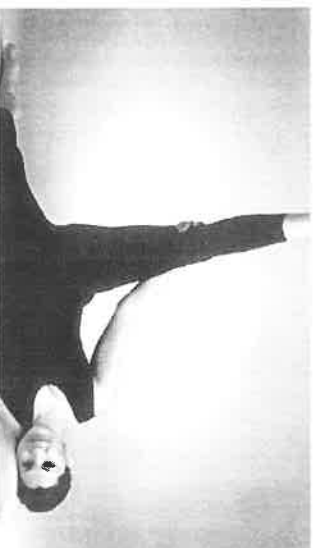
30. Squatting Birth Pose



31. Side-Lying Leg Lift



32. Side-Lying Birthing Position - Rotate Ankle



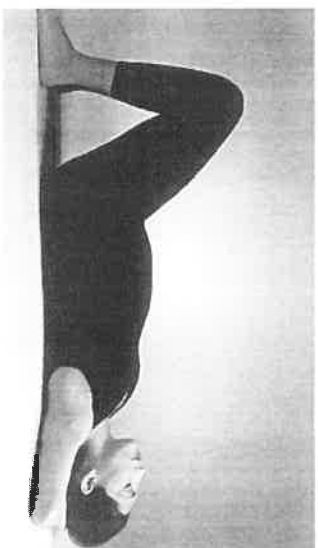
33. Supported Leg Extension



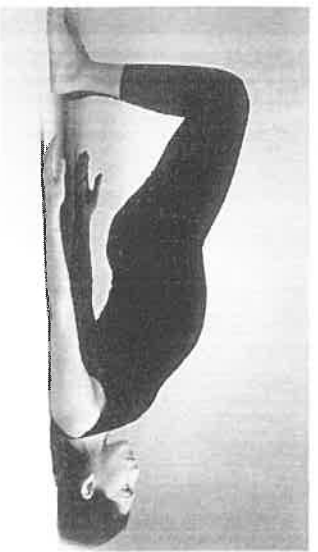
34. Half Bow



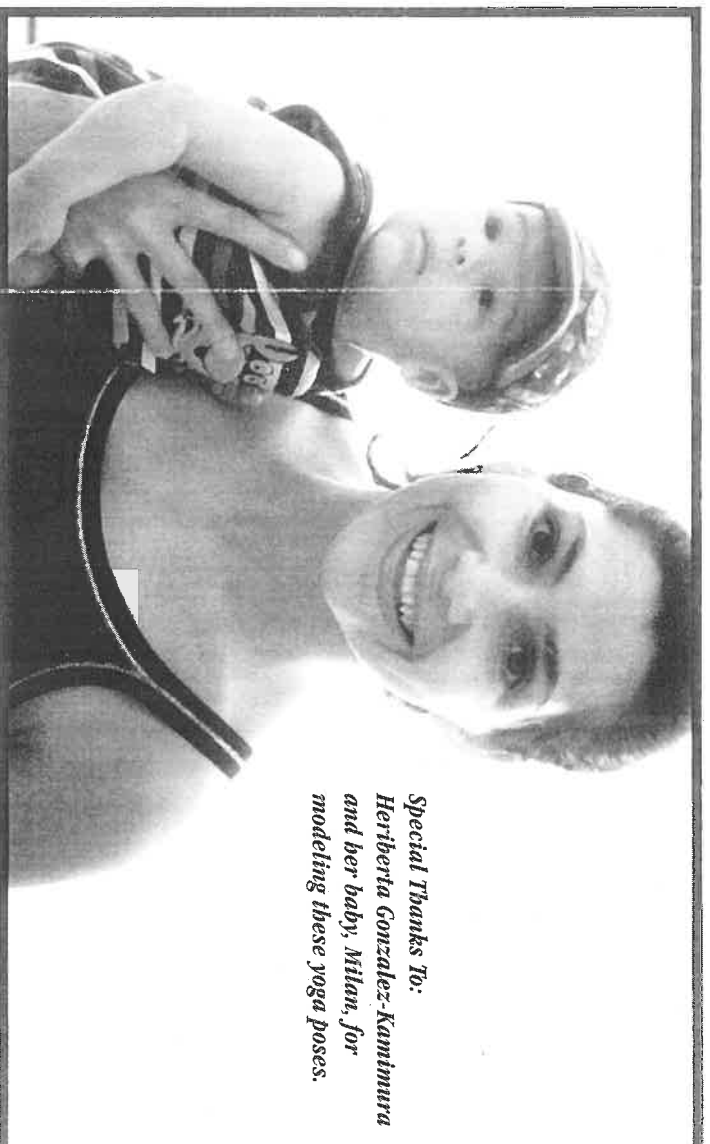
35. Lying Pelvic Tilt - Inhale



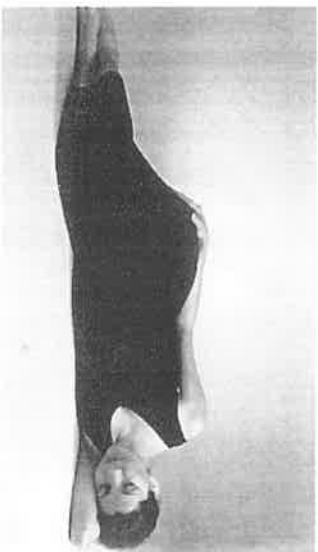
36. Lying Pelvic Tilt - Exhale



37. Half Bridge Pose



Special Thanks To:
Herberta Gonzalez-Kaminura
and her baby, Milan, for
modeling these yoga poses.



38. Deep Relaxation

This poster to be sold with the accompanying audio recording Whole Birth Yoga.