

Basic Yoga Class (28+2)

List of Poses

1. Standing Deep Breathing - 2 sets
2. Sun Salutation - 2 sets
3. Half Moon + Hands to Feet - 2 sets
4. Awkward - 2 sets
5. Eagle - 2 sets

Party Time

6. Standing Head to Knee + Standing Bow - 2 sets
7. Balancing Stick - 2 sets
8. Standing Separate Leg Stretching + Triangle - 2 sets
9. Standing Separate Leg Head to Knee - 2 sets
10. Tree - 2 sets
11. Resting
12. Wind Removing - 2 sets
13. Sit Up
14. Cobra - 2 sets
15. Locust - 2 sets
16. Full Locust - 2 sets
17. Bow - 2 sets
18. Fixed Firm + Half Tortoise - 2 sets
19. Camel + Rabbit - 2 sets
20. Head to Knee + Stretching + Upward Plank - 2 sets
21. Spine Twisting - 2 sets
22. Kapalbhati - 2 sets
23. Relaxation