Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program.

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BEGINNER POSES (CONTINUED)

SHOULDER STAND  FRONT STRETCH ASSIST  CHEST & BACK OPENER

WARRIOR I BALANCE  PLANK  CRESCENT POSE ASSIST

PUPPY  FORWARD FOLD  WHEEL POSE ASSIST

CHEST & SHOULDER OPENER  CORE STRENGTH ASSIST
ADVANCED POSES

HANDSTAND ASSIST

HIP & SIDE BODY OPENER

RESTED DRAGONFLY POSE

SKANDASANA BALANCE

PLANK VARIATION

HANDSTAND ASSIST

BALANCE IN PLOW

HEADSTAND ASSIST

PLOW

SHOULDER OPENER

RECLINED LOTUS

CRAZY CROW

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CROUCHING DANCERS POSE
ASSIST ROLL TO HANDSTAND
TWISTED HIGH LUNGE BALANCE

DANCERS POSE ASSIST
MONKEY POSE
BRIDGE POSE ASSIST

ONE-LEGGED FOREARM BACKBEND
LIFTED LOTUS
SPHYNX

SIDE PLANK

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POSE SEQUENCES

HIGH LUNGE TO A TWIST *(PROGRESSION OVER TIME)*

BEGINNER

INTERMEDIATE

ADVANCED

BALANCE PLANK TO ONE-LEGGED DOWN DOG *(PROGRESSION OVER TIME)*

BEGINNER

INTERMEDIATE

ADVANCED

HIGH LUNGE ASSIST TO CROUCHING DANCER *(PROGRESSION OVER TIME)*

BEGINNER

INTERMEDIATE

ADVANCED
POSE SEQUENCES (CONTINUED)

LOW LUNGE BALANCE TO MONKEY (PROGRESSION OVER TIME)

BEGINNER

INTERMEDIATE

ADVANCED

WHEEL ASSIST TO ONE-LEGGED FOREARM BACKBEND ASSIST (PROGRESSION OVER TIME)

BEGINNER

INTERMEDIATE

ADVANCED