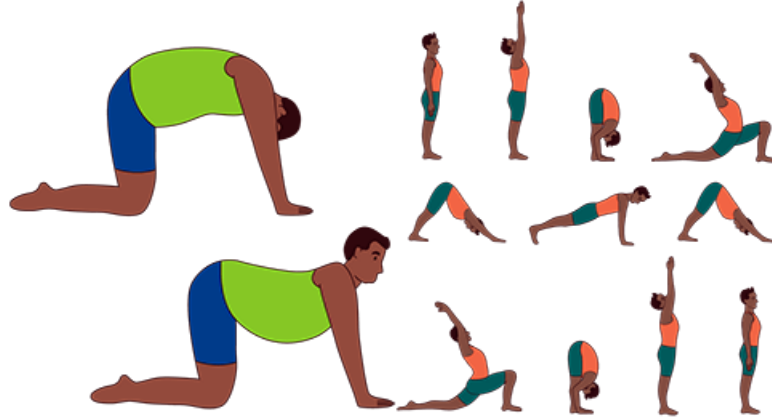




1. Lotus Pose

Practice with Ujjayi breathing



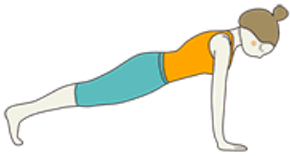
2. Cat Cow Pose



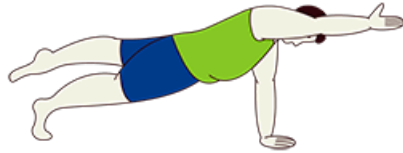
3. Classic Sun Salutation Variation II



4. Standing Forward Fold Pose



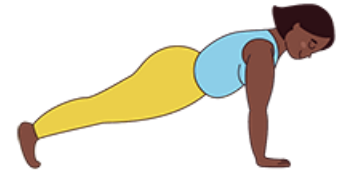
5. Plank Pose



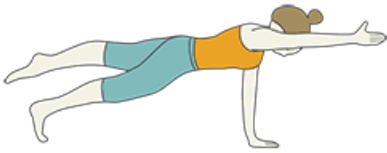
6. Plank Pose One Arm Leg Lift



7. Downward Facing Dog Pose



8. Plank Pose



9. Plank Pose One Arm Leg Lift



10. Downward Facing Dog Pose



11. Mountain Pose



12. Tree Pose



13. Tree Pose



14. Warrior Pose II



15. Extended Side Angle Pose



16. Triangle Pose



17. Warrior Pose II



18. Extended Side Angle Pose



19. Triangle Pose



20. Eagle Pose



21. Eagle Pose



22. Easy Bow Pose



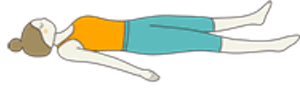
23. Camel Pose Variation 1



24. Twisted Pose



25. Twisted Pose



26. Corpse Pose



27. Plough Pose Hands On Back



28. Half Shoulderstand Pose Scissors Flow



29. Supine Windshield Wiper Twist Pose



30. Corpse Pose

Enjoy our [Yoga Nidra - Deep relaxation](#) with your savasana or before bed.