

Seated Poses

**Easy**
Sukhasana**Lotus**
Padmasana**Firelog**
Agnistambhasana**Hero**
Virasana**Garland**
Malasana**Cow face**
Gomukhasana**Butterfly**
Baddhakonasana**Scale**
Tulasana

Standing Poses

**Tree**
Vrikshasana**Goddess**
Utkata Konasana**Back Bend**
Hasta Uttanasana**Eagle**
Garudasana**Warrior-I**
Virabhadrasana I**Warrior-II**
Virabhadrasana II**Warrior-III**
Virabhadrasana III**Dancer**
Natarajasana

Spine Mobility

**Sphinx**
Salamba Bhujangasana**Cobra**
Bhujangasana**Upward Dog**
Urdhva mukha svanasana**Downward Dog**
Adho Mukha Svanasana**Extended Puppy**
Uttana Shishoasana**Bridge**
Setu Bandha Sarvangasana**Locust**
Salabhasana**Spinal Twist**
Artha Matsyendrasana**Easy Twist**
Parivrtta Sukhasana**Thread the Needle**
Parsva Balasana**Fish**
Matsyasana**Bow**
Dhanurasana**Cow**
Bitilasana**Cat**
Bitilasana**Camel**
Ustrasana**Wheel**
Chakrasana**Dolphin**
Catur Svanasana**Forward Fold**
Uttanasana

Core

**Chaturanga**
Chaturanga Dandasana**Dolphin Plank**
Phalakasana - II**Seated Fold**
Pascimottanasana**Plow**
Halasana**High Plank**
Phalakasana**Bird Dog**
Dandayamana Bharmanasana**Upward Plank**
Purvottanasana**Boat**
Navasana**Side Plank**
Vasisthasana**Happy Baby**
Ananda Balasana**Heron**
Krauncasana**Marichyasana-I**
Marichyasana-I

Hip Openers

**Lizard**
Utthan Pristhasana**Pigeon**
Ardha Kapotasana**One Leg Pigeon**
Eka Pada Rajakapotasana**Sleeping Swan**
Kapotasana II**Half Frog**
Ardha Bhekasana**Reclining Twist**
Supta Matsyendrasana**Butterfly - II**
Baddhakonasana-2**Frog**
Mandukasana**Forward fold-II**
Prasarita Padottanasana D**Chair Twist**
Parivrtta Utkatasana**Seated Straddle**
Upavista Konasana**Monkey**
Hanumanasana**Staff**
Dandasana**One leg Forward Fold**
Janu Sirsasana**Seated Forward Fold**
Pascimottanasana**Reclining Butterfly**
Supta Baddhakonasana**Saddle**
Supta Virasana**Corpse**
Savasana

Stretches