



Tadasana (*Mountain Pose*)



Adho Mukha Svanasana (*Downward Facing Dog*)



Adho Mukha Virasana (*Downward Facing Hero's Pose/Child's Pose*)



Bhujangasana (*Cobra Pose*)



Supta Padangustha I (*Supine Hand to Big Toe*)



Supta Baddha Konasana (*Supine Bound Angle Pose*)



Supta Marichyasana III (*Supine Twist named for Sage Marich*)



Savasana (*Corpse Pose*)