

BEGINNING YOGA



Poses:

- *8-point pose*
- *Abdominal Breath*
- *Accomplished*
- *Baby Cobra*
- *Boat*
- *Bound Angle*
- *Bridge*
- *Camel*
- *Cat's back*
- *Chair*
- *Child*
- *Cobra*
- *Corpse*
- *Crescent Lunge*
- *Crocodile*
- *Dog Tilt*
- *Dolphin*
- *Downward Facing Dog*
- *Eagle*



- *Extended Cat*
- *Fire log*
- *Fish*
- *Forearm Plank*
- *Forward Bend*
- *Forward Angle*
- *Full Wheel*
- *Garland*
- *Gate*
- *Half Lord of the Fishes*
- *Half Forward Bend*
- *Half Moon*
- *Half Split*



- *Half Sun Salutation*
- *Happy Baby*
- *Hero*
- *Locust*
- *Mountain*
- *One-Legged Chair*
- *One-Legged Frog*
- *One-Legged Staff*
- *Plank*

- *Pigeon*
- *Plow*
- *Reclined Bound Angle*
- *Reclined Cow*
- *Reclined Hand to Big Toe*
- *Reclined Pigeon*
- *Reclined Staff*
- *Reclined Thread the Needle*
- *Reclined Twist*
- *Reverse Table*
- *Reverse Warrior*



- *Rock the Baby*
- *Rotated Head to Knee*
- *Seated twist*
- *Side Angle*
- *Side Plank*
- *Sphinx*
- *Straight Leg Lunge*
- *Straddle*
- *Sun Salutation*
- *Supported Lunge*

- *Supported Side Plank*
- *Table*
- *Thigh stretch [intense]*
- *Thread the Needle*
- *Tiger*
- *Tree*
- *Triangle*
- *Upward Facing Hands*
- *Vinyasa*
- *Warrior 1*
- *Warrior 2*
- *Warrior 3*
- *Wide Legged Stretched*



Mudras:

- *Anjali*



- *Dhyana*



- *Jnana*



- *Kali*

