

SEQUENCING

INTEGRATION

Child's Pose, Easy Pose, Bound Angle Pose, Table Top, Puppy Pose, Sphinx Pose, Downward Facing Dog, Three-Legged Downward Facing Dog, Cat, Cow, Table Top Balance, Table Top Quad Opener, Forward Fold, Ragdoll Pose, Gorilla Pose, Halfway Lift, Tadasana, Hero's Pose

CORE

(Rectus abdominus, Transversus abdominus, Obliques, Supine, Pelvic floor)
Sit-ups, Bound Angle sit-ups, Oblique sit-ups, Yogi bicycles, Boat, Table Top Balance, Plank Pose, Forearm Plank, Side Plank, V-Squeeze, Downward Facing Dog, Tadasana, Chair Pose, Warrior I, Warrior II, Warrior III, Crescent Lunge, Triangle Pose, Downward Dog Knee-to-Nose, Crow Pose, Dolphin Pose, Chaturanga, Staff Pose, Forearm Stand, Side Bend

BACKBENDS / HEART OPENERS

Dancer Pose, Bridge Pose, Camel Pose, Cobra Pose, Upward Facing Dog, Extended Puppy Pose, Locust Pose, Superman Pose, Supine Star, Upward Facing Dog, Fish Pose, Downward Facing Dog, Dolphin Pose, Halfway Lift, Bow Pose, Wheel Pose, Half Frog Pose, King Pigeon Pose, Wild Thing

BALANCING

Tree Pose, Dancer Pose, Eagle Pose, Figure Four Pose, Warrior III, Standing Splits, Standing Half Moon, Airplane Pose, Standing Knee-to-Nose, Hand to Big Toe Pose, Crescent Lunge, Triangle Pose, Mountain Pose, Handstand, Headstand, Tripod, Humble Warrior, Side Plank Pose, Crow Pose, Forearm Stand