



Basic/Hot Yoga Series

- **Standing/Mountain**
- **Deep Breathing**
- **Forward Fold/Intense West Stretch Arms Wrapped/Opposite Elbow**
- **Half Moon**
- **Back Bend X 2**
- **Forward Fold/Intense West Stretch Arms Wrapped/Hands Under Heels**
- **Separate Leg Half Moon-Forehead to Knee/Pyramid**
- **Awkward 1 Feet Knees Together-Awkward 1 Twist**
- **Awkward 2 Feet/Knees Separated**
- **Awkward 3 Heels Lifted-Crow-Tripod Headstand**
- **Eagle**
- **Forehead to Knee**
- **Standing Bow/Dancers**
- **Balancing Stick/Warrior 3**
- **Eagle-Warrior 3 Eagle-Half Moon-Single Leg Squat X 6**
- **Dancing Shiva**
- **Standing Bow/Dancers**
- **Balancing Stick/Warrior 3**
- **Warrior 2/Triangle Bent Knee X 2**
- **Forward Fold Separate leg Stretching-Twist**
- **Goddess Squats-Lunge Squats**
- **Forward Fold Separate Leg Stretching Hands Bound**
- **Warrior 1/Humble Warrior Pyramid Hands Bound-Reverse Pyramid Twist-Forehead to Knee/Pyramid**
- **Tree 1 Foot Inside of Leg-Tree 2 Foot In Front of Hip-Toe Stand-Flying Pidgeon**

- **Leg Lifts-Leg Swings-Seated Leg Lifts-Geometric Leg Lifts-Tibetan Leg Lifts**
- **Eagle Crunches X 12**
- **Bridge/Wheel**
- **Wind Relieving**
- **Floor Spine Twist**
- **Yoga Sit-up**
- **Tibetan Tables**
- **Yoga Sit-up**
- **Cobra/Flying/Bound/Flying**
- **Half Locust/Chin Stand**
- **Full Locust/Superman/Genie**
- **Floor Bow/Strong Bow**
- **Dolphin/Push-Ups/Headstand Prep/Headstand/Inversion**
- **Childs Pose**
- **Cat/Cow X 3**
- **Pigeon/Lizard/Splits**
- **Separate Leg Stretching/Gate**
- **Intense Western Stretch**
- **Separate Leg Stretching Legs Apart**
- **Happy Cow Face**
- **Reclining Hero**
- **Camel**
- **Rabbit**
- **Seated Spine Twist**
- **Breath of Fire/Kundalini**
- **Legs Up The Wall/Shoulder Stand/Plow**
- **Final Resting Pose**