



1. Three Part Breath



2. Corpse Pose



3. Constructive Rest Pose On Bolster



4. Constructive Rest Pose Flow



5. Supine Windshield Wiper Twist Pose



6. Supine Windshield Wiper Pose Variation One Leg On Top



7. Supine Tree Pose



8. Half Wind Release Pose Variation



9. Wall Eye Of The Needle Pose



10. Wall Butterfly Pose



11. Legs up the Wall Pose



12. Bumble Bee Breath



13. Seated Ear To Shoulder Pose



14. Seated Shoulder Rolls



15. Seated Cat Cow Pose



16. Seated Windshield Wiper Pose



17. Bowing Yoga Mudra Seated



18. Single Nostril Breath