Sequencing 1.2

Michelle Young

1. Child Pose • Balasana

2. Cat Cow Pose • Bitilasana Marjaryasana

3. Downward Facing Dog Pose • Adho Mukha Svanasana

4. Three Legged Downward Facing Dog Pose • Tri Pada Adho Mukha Svanasana

5. Low Lunge Pose • Anjaneyasana

6. Half Splits Pose • Ardha Hanumanasana

7. Forward Fold Feet Outwards • Uttanasana Feet Outwards

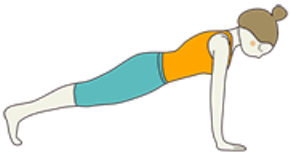
8. Upward Forward Fold Hands On Shins • Ardha Uttanasana Hands On Shins

9. Standing Forward Fold Pose • Uttanasana

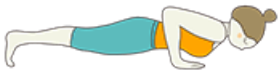
10. Mountain Pose • Tadasana

11. Chair Pose • Utkatasana

12. Standing Forward Fold Pose • Uttanasana



13. Plank Pose • Phalakasana



14. Four Limbed Staff Pose • Chaturanga Dandasana

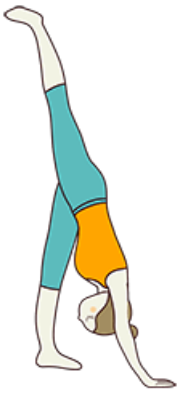
15. Upward Facing Dog Pose • Urdhva Mukha Svanasana

16. Downward Facing Dog Pose • Adho Mukha Svanasana

17. Three Legged Downward Facing Dog Pose • Tri Pada Adho Mukha Svanasana

18. Warrior Pose I • Virabhadrasana I

19. Warrior Pose III • Virabhadrasana III



20. Standing Split Pose • Urdhva Prasarita Eka Padasana

21. Standing Forward Fold Pose • Uttanasana

22. Upward Forward Fold Hands On Shins • Ardha Uttanasana Hands On Shins

23. Standing Forward Fold Pose • Uttanasana

24. Mountain Pose • Tadasana

25. Downward Facing Dog Pose • Adho Mukha Svanasana

26. Three Legged Downward Facing Dog Pose • Tri Pada Adho Mukha Svanasana

27. Warrior Pose II • Virabhadrasana II

28. Reverse Warrior Pose • Viparita Virabhadrasana

29. Extended Side Angle Pose • Utthita Parsvakonasana

30. Warrior Pose II • Virabhadrasana II

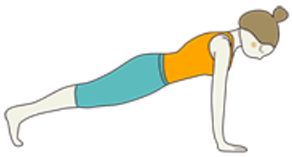
31. Half Moon Pose • Ardha Chandrasana

32. Sugarcane Pose • Ardha Chandra Chapasana

33. Reverse Warrior Pose • Viparita Virabhadrasana

34. Warrior Pose II • Virabhadrasana II

35. Runners Lunge Pose • Utthita Ashwa Sanchalanasana



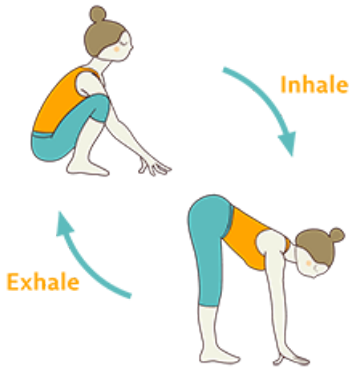
36. Plank Pose • Phalakasana

37. Four Limbed Staff Pose • Chaturanga Dandasana

38. Upward Facing Dog Pose • Urdhva Mukha Svanasana

39. Downward Facing Dog Pose • Adho Mukha Svanasana

40. Garland Pose • Malasana



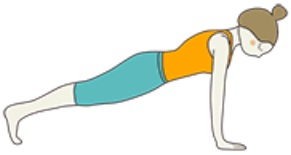
41. Garland Pose Standing Forward Bend Pose Flow • Malasana Uttanasana Vinyasa

42. Horse Pose Lotus Hands • Vatayanasana Kamalasana

43. Intense Leg Stretch Pose • Prasarita Padottanasana

44. Runners Lunge Pose • Utthita Ashwa Sanchalanasana

45. Side Plank Pose • Vasisthasana



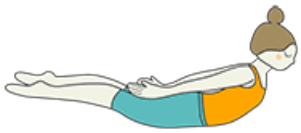
46. Plank Pose • Phalakasana

47. Four Limbed Staff Pose • Chaturanga Dandasana

48. Downward Facing Dog Pose • Adho Mukha Svanasana

49. Puppy Dog Pose • Uttana Shishosana

50. Sphinx Pose • Salamba Bhujangasana



51. Locust Pose • Salabhasana

52. Superman Pose • Vimanasana Variation Arms Forward

53. Crocodile Pose • Makarasana

54. Bow Pose • Dhanurasana

55. Crocodile Pose • Makarasana

56. Sphinx Pose • Salamba Bhujangasana

57. Child Pose • Balasana

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