

EASY YOGA SEQUENCE

for beginners



Mountain



Chair



Forward Fold



Four Limbed Staff Pose



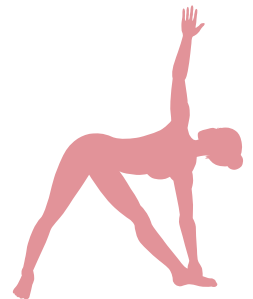
Downward Facing Dog



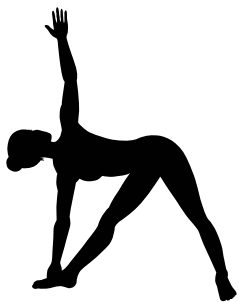
Warrior (left)



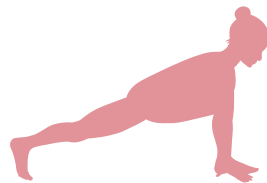
Warrior (right)



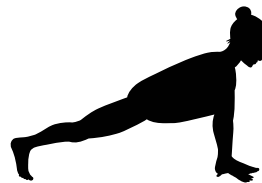
Triangle (left)



Triangle (right)



High Lunge (left)



High Lunge (right)



Cow



Cat



Seated Twist (left)



Seated Twist (right)



Forward Fold



Bridge Pose



Childs Pose



Lotus Pose