






-  Begin series
-  End series
-  Repeat series
-  Repeat Series on other leg/side
-  Repeat pose on opposite leg/side





Hand on Hips



Pyramid



Standing Splits



Half Lift



Forward Fold



Mountain



Dancer
<right side>



Tree
<left side>



Forward Fold



Half Lift



Chaturanga



Up Dog



Down Dog



Knees into Chest



legs 90 degrees



Savasana