

Yoga Postures

Sun Salute

Sponge

Breathing Techniques

a) Diaphragmatic

b) Full

c) Rhythm

Lying Butterfly

Forward Bend

Seated Butterfly

Pump

Twist

Table

Chair

Downward & Upward Facing Dog

Cobra

Camel

Child

Bow

Folded Leaf

Pidgeon

Bent or Wide Leg

Stretch Twist

Bent or Wide Leg

Stretch Side

Wide Leg Stretch Fwd

Yoga Nidra

Dhyana

Wheel on Bridge

Plough

Shoulder Stand