

## 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



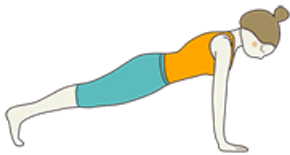
10. Mountain Pose • Tadasana



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



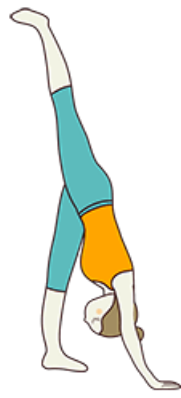
17. Three Legged Downward  
Facing Dog Pose • Tri Pada Adho  
Mukha Svanasana



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 Kamalāsana



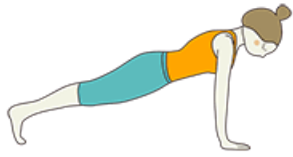
43. **Intense Leg Stretch Pose** •  
Prasarita Padottanasana



44. **Runners Lunge Pose** • Utthita  
Ashwa Sanchalanasana



45. **Side Plank Pose** •  
Vasisthasana



46. **Plank Pose** • Phalakasana



47. **Four Limbed Staff Pose** •  
Chaturanga Dandasana



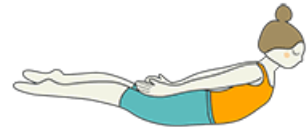
48. **Downward Facing Dog Pose**  
• Adho Mukha Svanasana



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