



My Basic Flow

Lisette Snep



1. Easy Pose ● Sukhasana



2. Cat Cow Pose ● Bitilasana
Marjaryasana



3. Sun Salutation A ● Surya
Namaskar A



4. Sun Salutation B ● Surya
Namaskar B



5. Standing Forward Fold Pose ●
Uttanasana



6. Triangle Pose ● Trikonasana



7. Reverse Warrior Pose ●
Viparita Virabhadrasana



8. Extended Side Angle Pose ●
Utthita Parsvakonasana



9. Revolved Side Angle Pose ●
Parivrtta Parsvakonasana
Namaste Hands



10. Chair Pose ● Utkatasana



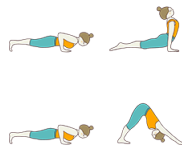
11. Intense Leg Stretch Pose ●
Prasarita Padottanasana



12. Tree Pose ● Vrikshasana



13. Standing Forward Fold Pose ●
Uttanasana



14. Flow V ● Vinyasa V



15. Seated Forward Bend Pose ●
Paschimottasana



16. Head to Knee Pose ● Janu
Sirsasana



17. Sage Marichi Pose C ●
Marichyasana C



18. Boat Pose ● Navasana



19. Bridge Pose ● Setubandha
Sarvangasana



20. Supine Spinal Twist Pose II ●
Supta Matsyendrasana II



21. Corpse Pose ● Savasana