

HOT YOGA BEGINNER CLASS SERIES



Standing Deep Breathing

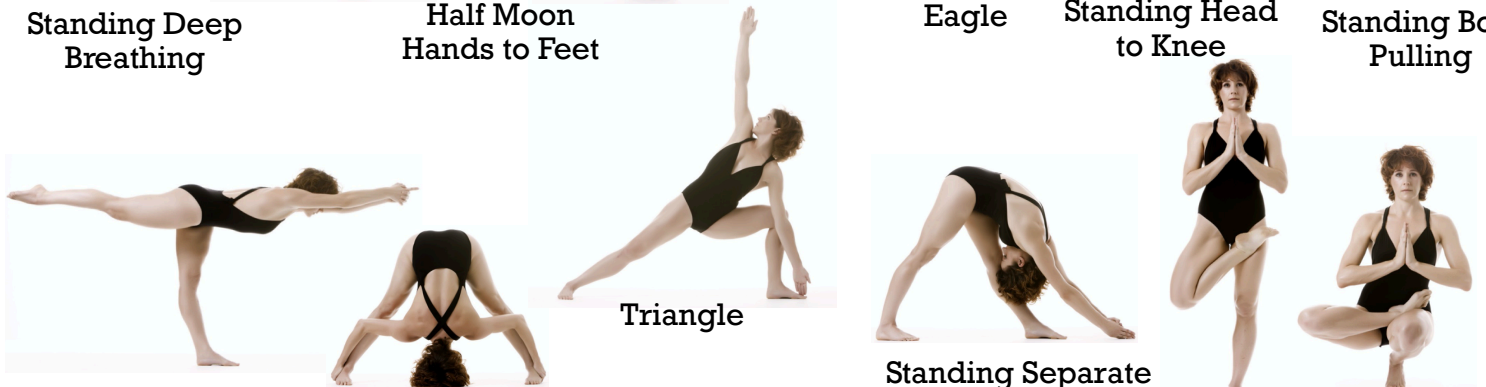
Half Moon
Hands to Feet

Awkward

Eagle

Standing Head to Knee

Standing Bow Pulling



Balancing Stick

Standing Separate Leg Stretching

Triangle

Standing Separate Leg Head to Knee

Tree

Toe Stand



Corpse

Wind Removing



Cobra



Locust



Full Locust



Bow



Fixed Firm



Half Tortoise



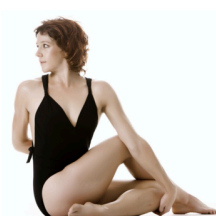
Camel



Rabbit



Head to Knee Stretching



Spine Twist



Blowing in Firm