

*intro one.a*



1. Supported Pranayama



2. Supta Padangusthasana-I



3. Supta Padangusthasana-Variation II



4. Happy Baby



5. Adductor Stretch-Inhale



6. Adductor Strength-Exhale



7. Clam Shell-I



8. Clam Shell-II



9. Cakravakasana-Neutral



10. Cakravakasana-Cow-Inhale



11. Cakravakasana-Cat-Exhale



12. Toe Crunch



13. Ardha Uttarasana



14. Tadasana w/Feet Apart



15. Tippiie Toe A



16. Tippiie Toe B



17. Standing Side Bend-II



18. Straddle A