

# YOUR BUDDHI



1. Tadasana



2. Urdhva Hastasana



3. Uttanasana



4. Ardha Uttanasana



5. Plank



6. Wide Bhujangasana



7. Adho Mukha Svanasana

Repeat x 3



8. Eka Pada Adho Mukha Svanasana



9. Anjaneyasana



10. Virabhadrasana 2



11. Reverse Vira 2



12. Parivrtta Parsvakonasana



13. Fallen Warrior



14. Vasisthasana

V



15. Low Anjaneyasana



16. Standing Splits



17. Standing Knee Tuck



18. Parivrtta Padangusthasana



19. Garudasana



20. Garudasana Twist



21. Parsva Bakasana

V



22. Dhanurasana



23. Spinal Twist



24. Setu Bandha Sarvangasana



25. Halasana



26. Sarvangasana



27. Matsyasana



28. Savasana

Hold poses 1-7 for 5 breaths each. Repeat twice more at one breath per movement.  
 Hold poses 8-14 for 5 breaths. Repeat twice more on both sides at one breath per movement.  
 Hold poses 15-28 for 5 breaths each.

