

BE YOGA - POST GARDENING YOGA SEQUENCE

Beth Trotter



1. Cat Cow Pose Bitilasana
Marjaryasana



2. Balancing Table Pose
Dandayamana Bharmanasana



3. Thread The Needle Pose Flow
Urdhva Mukha Pasasana Flow



4. Downward Facing Hero Pose



5. Low Lunge Hands To Knee
Anjaneyasana Hands To Knee



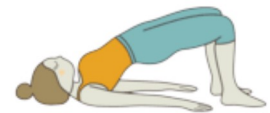
6. Low Lunge Pose



7. Puppy Dog Pose Uttana
Shishosana



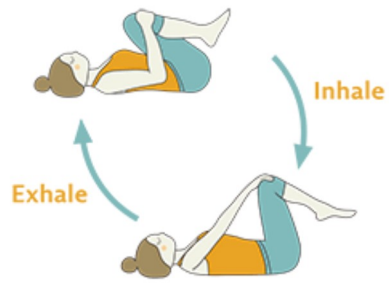
8. Reclined Big Toe Pose Straps
One Leg Bent Supta
Padangusthasana A Straps One
Leg Bent



9. Bridge Pose



10. Supine Spinal Twist Pose II
Supta Matsyendrasana II



11. Wind Release Pose Exhale
Inhale Flow Apanasana Exhale
Inhale Flow



12. Corpse Pose Variation
Bolster Savasana Variation
Bolster