

Mountain
Beginning and
Ending

15. Side bend



1. Side bend



14. Goddess



2. Goddess



13. Star



3. Star



Moon Salutation

(with modifications)

12. Triangle



4. Triangle



11. Pyramid



5. Pyramid



10. Low crescent lunge



6. Low Crescent Lunge



8. Yogi squat (Malasana)



9. Side lunge



7. Side lunge

