



Wide Child's



Box



Cow



Cat



Box



Downward-Facing Dog

20s



Downward-Facing Dog with Toe Raises



Downward-Facing Dog with Hamstring Stretch



Downward-Facing Dog with Toe Raises



Downward-Facing Dog



Downward-Facing Dog



One Legged Downward-Facing Dog

20s

20s



Downward-Facing Dog with Knee to Forehead



Lunge



Pyramid



Pyramid



Lunge



Standing Splits

# Maryline's Practice

January 5, 2015 • 23:02 • 168 Poses

1 of 4



20s



Standing Forward Bend



Halfway Lift



Standing Forward Bend



Mountain with Arms Up



Mountain



Standing Hand to Toe

20s



Extended Standing Hand to Toe



Standing Hand to Toe



Mountain with Arms Up



Standing Forward Bend



Halfway Lift



Four Limbed Staff

1m



Upward-Facing Dog



Extended Child's



Box

2



Downward-Facing Dog



One Legged Downward-Facing Dog



Lunge

3



Warrior I



Warrior I Forward Bend

20s



Warrior III



Mountain

20s



Eagle



Mountain



Mountain with Arms Up



Standing Forward Bend



Halfway Lift



Lunge on the Knee



Side Plank on the Knee



Side Plank

20s

1m



Plank



Four Limbed Staff



Upward-Facing Dog



Extended Child's

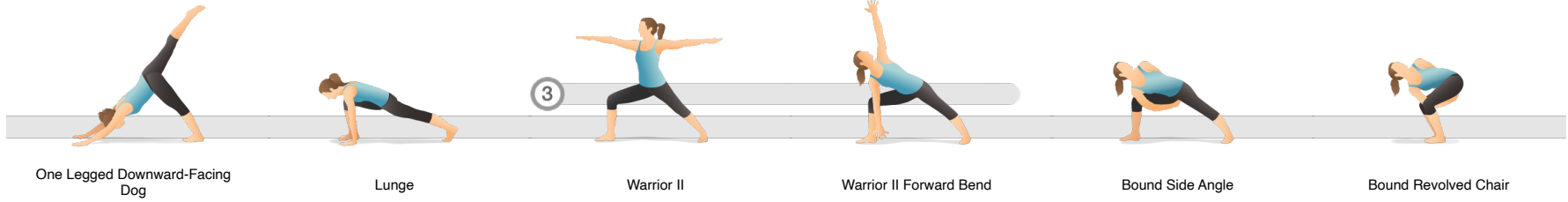


Box



2

Downward-Facing Dog



One Legged Downward-Facing Dog

Lunge

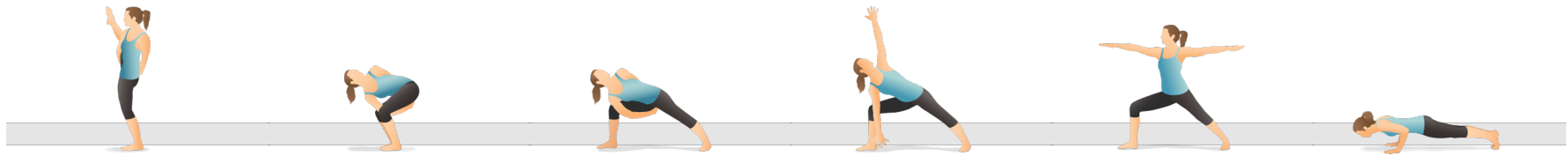
Warrior II

Warrior II Forward Bend

Bound Side Angle

Bound Revolved Chair

20s



Bird of Paradise

Bound Revolved Chair

Bound Side Angle

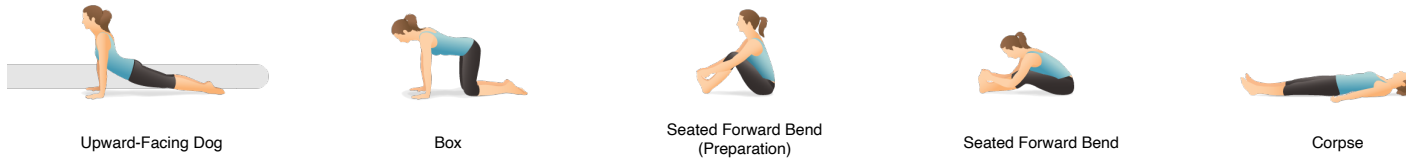
Warrior II Forward Bend

Warrior II

Four Limbed Staff

20s

20s



Upward-Facing Dog

Box

Seated Forward Bend (Preparation)

Seated Forward Bend

Corpse