

1. Warmup

- child's
- cow
- cat
- down dog
- standing forward bend

2. Standing

- mountain
- chair
- standing forward bend
- runners lunge
- revolved side angle
- low plank
- upward facing dog
- childs
- heros
- downward facing dog
- runners lunge
- low lunge
- downward facing dog
- warrior 1
- reverse warrior
- warrior 2
- extended side angle
- triangle
- downward facing dog

3. Cooldown

- pigeon
- child's
- seat — Meditation pose
- butterfly — butterfly forward bend
- seat — extended legs
- corpse