

Chakra Yoga



Headstand Pose



Tree Pose



Corpse Pose



Lotus Pose



Standing Backbend



Cow Face Pose



Downward-Facing Dog



Lotus Pose



Extended Child's Pose



Legs Up The Wall



Cat Pose



Cow Pose



Plow Pose



Fish Pose



Supported Shoulderstand



Camel Pose



Cobra Pose



Camel Pose



Cow Pose



Cat Pose



Upward-Facing Dog



Bridge Pose



Crescent Pose



Plank Pose



Bow Pose



Revolved Triangle



Downward-Facing Dog



Triangle Pose



Reclined Thunderbolt



Goddess Pose



Reclined Bound Angle



Seated Forward Bend



Bridge Pose



Chair Pose



Mountain Pose



Standing Forward Bend



Warrior II Pose