

Teach Your Body To Rest, Teach Your Mind To Rest

Integrated Care



1. Mountain Pose Namaste
Pranamasana



2. Mountain Pose Tadasana



**3. Upward Mountain Pose
Namaste Hands** Urdhva
Namaskarasana



**4. Mountain Pose Twist Arms
Shoulder Level Spread Out**
Tadasana Twist Arms Shoulder Level
Spread Out



5. Upward Salute Side Bend Pose
Parsva Urdhva Hastasana



**6. Mountain Pose Twist Arms
Shoulder Level** Tadasana Twist
Arms Shoulder Level



7. Upward Salute Side Bend Pose
Parsva Urdhva Hastasana



**8. Mountain Pose Twist Arms
Shoulder Level** Tadasana Twist
Arms Shoulder Level



**9. Mountain Pose Twist Arms
Shoulder Level Spread Out**
Tadasana Twist Arms Shoulder Level
Spread Out



**10. Upward Mountain Pose
Namaste Hands** Urdhva
Namaskarasana



11. Standing Wind Release Pose
Prayer Hands Tadasana
Pavanmuktasana Namaskarasana



**12. Half Pyramid Pose Prayer
Hands Behind Back** Ardha
Parsvottanasana Namaste Hands
Behind Back



13. Airplane Pose Variation Arms Out
Dekasana Variation Arms Out



14. Half Pyramid Pose Prayer Hands Behind Back
Ardha Parsvottanasana Namaste Hands Behind Back



15. Standing Wind Release Pose Prayer Hands
Tadasana Pavanmuktasana Namaskarasana



16. Beginner Tree Pose Beginner
Vrksasana



17. Tree Pose Vrksasana



18. Mountain Pose Tadasana



19. Garland Pose Malasana



20. Frog Pose Variation



21. Butterfly Pose Variation Forward Bend
Tarasana



22. Child Pose Variation Hands Back
Balasana Variation Hands Back in Adi Mudra



23. Bowing Yoga Mudra Balasana
Bowing Yoga Mudra



24. Wide Child Pose Prasarita
Balasana



25. Constructive Rest Pose Hands In Anjali Mudra
Savasana Knees Bent Hands in Anjali Mudra



26. Reclined Mountain Pose
Supta Tadasana