# Finding balance

Alan Bondy

1. Alternate Nostril Breathing • Nadi Shodhana

2. Mountain Pose • Tadasana

3. Volcano Pose • Urdhva Hastasana

4. Half Forward Fold Pose Arms Behind • Ardha Uttanasana Hasta Behind

5. Volcano Pose • Urdhva Hastasana

6. Mountain Pose Namaste • Pranamasana

7. Volcano Pose • Urdhva Hastasana

8. Half Forward Fold Pose Arms Behind • Ardha Uttanasana Hasta Behind

9. Volcano Pose • Urdhva Hastasana

10. Mountain Pose Namaste • Pranamasana

11. Volcano Pose • Urdhva Hastasana

12. Half Forward Fold Pose Arms Behind • Ardha Uttanasana Hasta Behind

13. Volcano Pose • Urdhva Hastasana

14. Mountain Pose Namaste • Pranamasana

15. Tree Pose • Vrksasana

16. Standing Hand To Big Toe Pose D Variation Thigh • Utthita Hasta Padangusthasana D Variation Thigh

17. Warrior Pose Iii Eagle Arms • Virabhadrasana Iii Hasta Garudasana

18. Standing Hand To Big Toe Pose D Variation Thigh • Utthita Hasta Padangusthasana D Variation Thigh

19. Eagle Pose • Garudasana

20. Mountain Pose • Tadasana

21. Tree Pose • Vrksasana

22. Standing Hand To Big Toe Pose D Variation Thigh • Utthita Hasta Padangusthasana D Variation Thigh

23. Warrior Pose Iii Eagle Arms • Virabhadrasana Iii Hasta Garudasana

24. Standing Hand To Big Toe Pose D Variation Thigh • Utthita Hasta Padangusthasana D Variation Thigh

25. Eagle Pose • Garudasana

26. Volcano Pose • Urdhva Hastasana

27. Half Forward Fold Pose Arms Behind • Ardha Uttanasana Hasta Behind

28. Volcano Pose • Urdhva Hastasana

29. Mountain Pose Namaste • Pranamasana

30. Tree Pose • Vrksasana

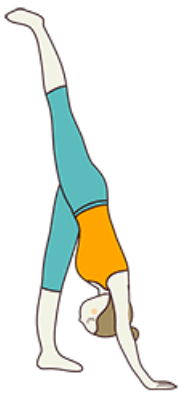
31. Warrior Pose Iii Eagle Arms • Virabhadrasana Iii Hasta Garudasana

32. Warrior Pose Iii Eagle Arms • Virabhadrasana Iii Hasta Garudasana

33. Half Moon Pose • Ardha Chandrasana

Option

34. Option Section



35. Standing Split Pose • Urdhva Prasarita Eka Padasana

36. Volcano Pose • Urdhva Hastasana

37. Mountain Pose • Tadasana

38. Beginner Tree Pose • Beginner Vrksasana

39. Warrior Pose Iii Eagle Arms • Virabhadrasana Iii Hasta Garudasana

40. Half Moon Pose • Ardha Chandrasana

Option

41. Option Section

42. Standing Split Pose Variation Nose To Ankle • Urdhva Prasarita Eka Padasana Variation Nose To Ankle

43. Eagle Pose • Garudasana

44. Mountain Pose • Tadasana

45. Volcano Pose • Urdhva Hastasana

46. Half Forward Fold Pose Arms Behind • Ardha Uttanasana Hasta Behind

47. Volcano Pose • Urdhva Hastasana

48. Mountain Pose Namaste • Pranamasana

49. Tree Pose • Vrksasana

50. Warrior Pose Iii Eagle Arms • Virabhadrasana Iii Hasta Garudasana

51. Half Moon Pose • Ardha Chandrasana

Option

52. Option Section

53. Dancer Pose • Natarajasana

54. Warrior Pose II • Virabhadrasana II

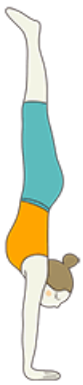
55. High Lunge Pose • Ashta Chandrasana

56. Revolved Lunge Pose • Parivrtta Utthita Ashwa Sanchalanasana

57. Downward Facing Dog Pose • Adho Mukha Svanasana

58. Table Top Pose • Bharmanasana

59. Handstand At Wall



60. Handstand Pose • Adho Mukha Vrksasana

61. Mountain Pose Namaste • Pranamasana

62. Tree Pose • Vrksasana

63. Warrior Pose Iii Eagle Arms • Virabhadrasana Iii Hasta Garudasana

64. Half Moon Pose • Ardha Chandrasana

Option

65. Option Section

66. Dancer Pose • Natarajasana

67. Warrior Pose II • Virabhadrasana II

68. High Lunge Pose • Ashta Chandrasana

69. Revolved Lunge Pose • Parivrtta Utthita Ashwa Sanchalanasana

70. Downward Facing Dog Pose • Adho Mukha Svanasana

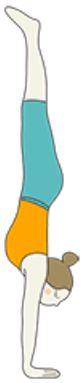
Option

71. Option Section

72. Handstand At Wall

Option

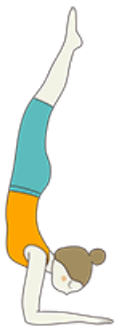
73. Option Section



74. Handstand Pose • Adho Mukha Vrksasana

Option

75. Option Section



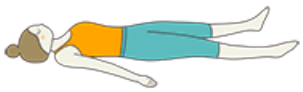
76. Feathered Peacock Pose • Pincha Mayurasana

77. Wide Child Pose • Prasarita Balasana

Option

78. Option Section

79. Easy Pose • Sukhasana



80. Corpse Pose • Savasana