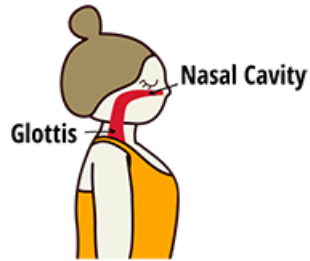


Morning Practise

Alan Bondy



1. Mountain Pose • Tadasana



2. Ujjayi Breath Close Up Variation • Ujjayi Pranayama Close Up Variation



3. Volcano Pose • Urdhva Hastasana



4. Standing Forward Fold Pose • Uttanasana



5. Upward Forward Fold Pose • Urdhva Uttanasana



6. Standing Forward Fold Pose • Uttanasana



7. Low Lunge Pose • Anjaneyasana



8. Revolved Crescent Low Lunge Pose Arms Spread Out • Parivrtta Anjaneyasana Arms Spread Out



9. Low Lunge Pose • Anjaneyasana



10. Cat Cow Pose • Bitilasana
Marjaryasana



11. Downward Facing Dog Pose
• Adho Mukha Svanasana



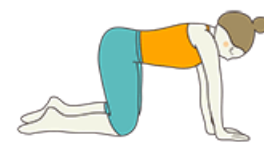
12. Low Lunge Pose •
Anjaneyasana



13. Revolved Crescent Low
Lunge Pose Arms Spread Out •
Parivrtta Anjaneyasana Arms
Spread Out



14. Low Lunge Pose •
Anjaneyasana



15. Table Top Pose •
Bharmanasana



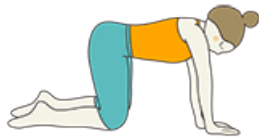
16. Low Lunge Pose •
Anjaneyasana



17. Revolved Crescent Low
Lunge Pose Arms Spread Out •
Parivrtta Anjaneyasana Arms
Spread Out



18. Low Lunge Pose •
Anjaneyasana



19. **Table Top Pose** •
Bharmanasana



20. **Cat Cow Pose** • Bitilasana
Marjaryasana



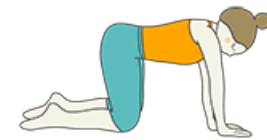
21. **Low Lunge Pose** •
Anjaneyasana



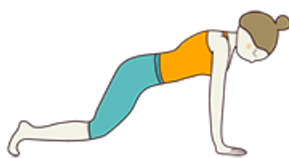
22. **Revolved Crescent Low Lunge Pose Arms Spread Out** •
Parivrtta Anjaneyasana Arms
Spread Out



23. **Low Lunge Pose** •
Anjaneyasana



24. **Table Top Pose** •
Bharmanasana



25. **Plank Pose Knees Bent** •
Phalakasana Knees Bent



26. **Cobra Pose** • Bhujangasana



27. **Downward Facing Dog Pose**
• Adho Mukha Svanasana

Walk Hands Back to Feet

28. Walk Hands Back To Feet
Section



29. Standing Forward Fold Pose
• Uttanasana



30. Volcano Pose • Urdhva
Hastasana

Top of Mat

31. Top Of Mat Section



32. Mountain Pose • Tadasana



33. Mountain Pose Namaste •
Pranamasana



34. Volcano Pose • Urdhva
Hastasana



35. Standing Forward Fold Pose
• Uttanasana



36. Upward Forward Fold Pose •
Urdhva Uttanasana



37. Standing Forward Fold Pose
• Uttanasana



38. Low Lunge Pose •
Anjaneyasana

39.
twisted low lung arms in namaste,
twist to right

Option

40. Option Section



41. Revolved Crescent Low
Lunge Pose Arms Spread Out •
Parivrtta Anjaneyasana Arms
Spread Out



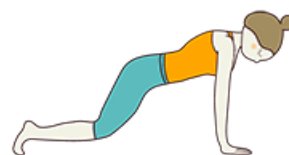
42. Low Lunge Pose •
Anjaneyasana



43. Cat Cow Pose • Bitilasana
Marjaryasana



44. Downward Facing Dog Pose
• Adho Mukha Svanasana



45. Plank Pose Knees Bent •
Phalakasana Knees Bent



46. **Cobra Pose** • Bhujangasana



47. **Downward Facing Dog Pose**
• Adho Mukha Svanasana

Walk Hands Back to Feet

48. **Walk Hands Back To Feet**
Section



49. **Volcano Pose** • Urdhva
Hastasana



50. **Mountain Pose Namaste** •
Pranamasana



51. **Mountain Pose** • Tadasana