

FUNDAMENTALS SEQUENCE

Classical Surya Namaskar\*

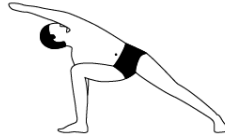
Triangle



Warrior 2



Side Angle



Warrior 1



Eagle



Standing Big Toe



Hero



Stretch to the East



Half Bound Lotus



3 Point Stretch to the East



Downward Facing Dog



Up Dog



30-60-90



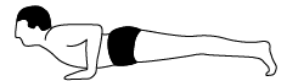
Crow



Shoulder Pressing Pose/Firefly



Stick Pose



Plow



Shoulderstand/Candle



Bridge



Up Bow

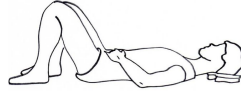


# FUNDAMENTALS SEQUENCE

**Supine Twist**



**Peaceful Lake**



**Breathing Meditation**



## **MEDITATIONS**

**Loving Kindness**

**OM Shanti Shanti Shanti OM**

**De Light Full Connection Meditation**

**Corpse Pose/Rest**

