















Yoga Content Card

"FUN" SALUTATION			
1  Mountain	2  Pencil	3  Forward Bend	4  L-Lunge
5  Full Plank	6  Transition Plank	7  Cobra	8  Downward Dog
9  R-Lunge	10  Forward Bend	11  Reverse Bend	12  Mountain

For additional poses, refer to back of Yoga Content Card 

COOL DOWN			
 Namaste	 Corpse	 Baby	 Half Twist
 Visualization	 Easy	 Hero	 Lotus
	 Candle	 Plough	



Yoga Content Card

ADDITIONAL POSES



Half Plank



Tree



Chair



Crescent Moon



Warrior I



Warrior II



Triangle



Full Boat



Single Leg Raise



Double Leg Raise



Upward Plank



Bow



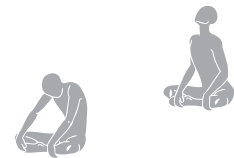
Wheel



Locust



'Y'



Camel Ride



Camel



Dolphin



Cat and Cow