





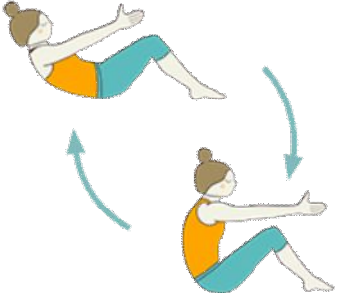

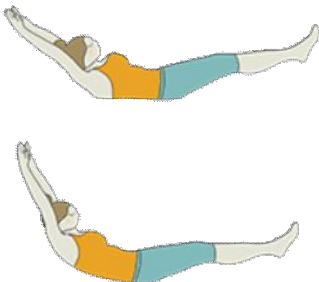
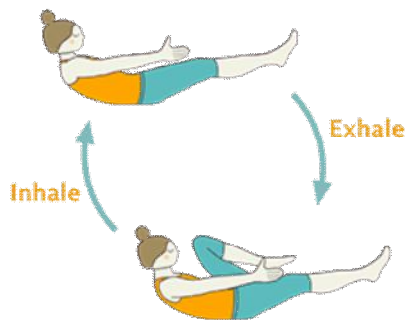


# Reference Sequence: Beginner Heart Opener

 <p>1. <b>Easy Pose</b> Sukhasana</p>	<p>3B Inhale</p>  <p>2. <b>Seated Shoulder Rolls</b></p>	<p>3B Inhale</p>  <p>3. <b>Easy Pose Variation Side</b> Sukhasana Variation Side</p>
<p>3B Inhale</p>  <p>4. <b>Revolved Easy Pose</b> Parivrtta Sukhasana</p>	<p>3B</p>  <p>5. <b>Back Bound Hands To Forearms Pose Close Up</b> Paschima Baddha Hastasana To Forearms Close Up</p>	<p>5B</p>  <p>6. <b>Bound Angle Forward Bend</b> Baddha Konasana Uttanasana</p>
<p>3B</p>  <p>7. <b>Roll Down Roll Up Flow</b> Navasana Flow</p>	<p>5B</p>  <p>8. <b>Boat Pose</b> Navasana</p>	<p>2B</p>  <p>9. <b>Half Boat Pose Variation A</b> Ardha Navasana Variation A</p>

3B



10. Half Boat Pose Alternating  
Legs Flow Ardha Navasana  
Alternating Pada Vinyasa

3B



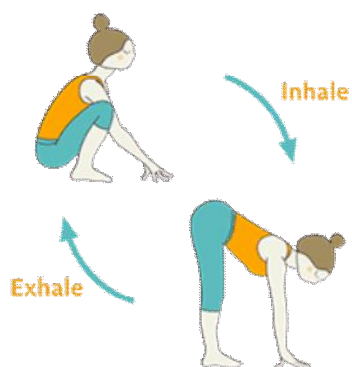
11. Garland Pose Malasana

5B



12. Revolved Garland Pose  
Parivrtta Malasana

5B

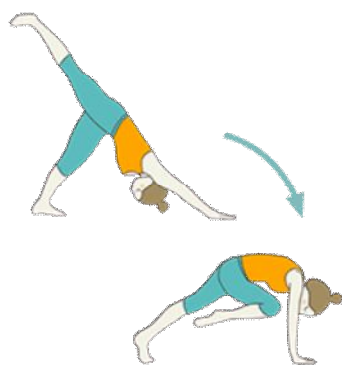


13. Garland Pose Standing  
Forward Bend Pose Flow  
Malasana Uttanasana Vinyasa

14. Standing Forward Fold Pose  
Uttanasana



15. Sun Salutation A Surya  
Namaskar A



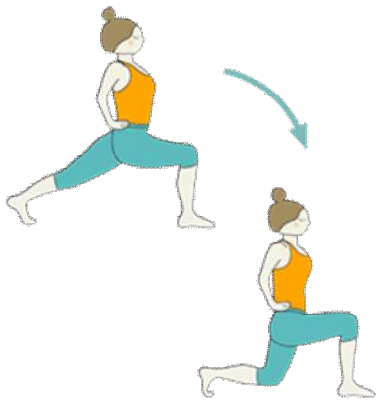
16. Three Legged Downward  
Facing Dog Pose Tiger Curl  
Pose Flow Tri Pada Adho Mukha  
Svanasana Phalakasana Knee To  
Nose Vinyasa

17. Low Lunge Reverse Prayer  
Hands Paschima Namaskar  
Anjaneyasana

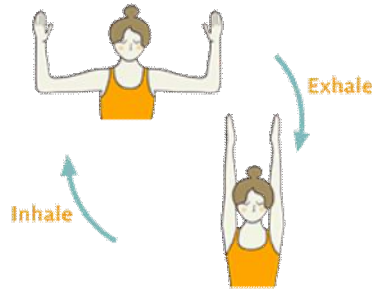


18. Back Bound Hands To  
Forearms Pose Close Up  
Paschima Baddha Hastasana To  
Forearms Close Up





19. Crescent High Lunge Pose  
Arms On Hips Flow Ashta  
Chandrasana Arms On Hips  
Vinyasa

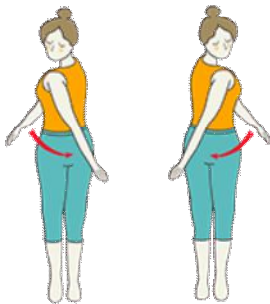


20. Cactus Arms Arms Raised  
Over Head Flow Close Up

# Left Side

21. Section Left Side

3B



22. Standing Twist Straight  
Arms Katichakrasana Straight  
Arms

3B

Inhale



23. Chair Pose Prayer Hands  
Utkatasana Namaste Hands

5B

Exhale



24. Revolved Chair Pose  
Variation Parivrtta Utkatasana  
Variation



25. Standing Hand To Big Toe  
Pose In Front Utthita Hasta  
Padangusthasana In Front

5B

Exhale



26. Stretched Sideward Pose  
Utthita Parsvasahita

3B

Inhale



27. Reverse Prayer Hands Close  
Up Paschima Namaskar Close  
Up

5B

Exhale



28. Side Forward Fold Pose  
Parsva Uttanasana

5B



29. Warrior Pose III  
Virabhadrasana III

5B

Inhale



30. Warrior Pose I  
Virabhadrasana I

5B

Inhale



31. Revolved Lunge Pose  
Parivrtta Utthita Ashwa  
Sanchalanasana

# Sun Salutation

32. Sun Salutation Section

# Left Side

33. Section Left Side



34. Locust Pose Legs On Floor  
Salabhasana Legs On Floor

5B



35. Locust Pose Salabhasana

5B



36. Bow Pose Dhanurasana

5B



37. **Child Pose** Balasana

5B



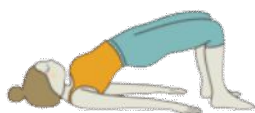
38. **Camel Pose** Ustrasana

5B



39. **Seated Forward Bend Pose**  
Paschimottanasana

5B



40. **Bridge Pose**  
Setubandhasana

5B



41. **Wheel Pose** Urdhva  
Dhanurasana

3B



42. **Wind Release Pose**  
Pawanmuktasana

5B



43. **Happy Baby Pose** Ananda  
Balasana

5B



44. **Reclining Eagle Spinal Twist  
Pose** Supta Parivrtta Garudasana