

1. Wide Leg hamstring Stretch
2. Wide Bent Torso Twist (Like triangle pose)
3. Split leg hamstring stretch
4. Standing Side Stretch
5. 3 Sun Salutations
6. Runners Pose
7. Runners Stretch
8. Crescent Pose
9. Warrior Poses
10. Triangle Pose
11. Warrior Poses
12. Prayer Twist
13. Side Arm Balance
14. Chair Pose
15. Twisting Chair Pose
16. Tree
17. Crane
18. Frog
19. Plough into Shoulder Stand
20. Sacred Cow Stretch
21. Butterfly Stretch

