

Yoga for General Fitness



1. Mountain Pose Variation Feet Hip Wide = Tadasana Variation Feet Hip Wide



2. Standing Deltoids Stretch = Tadasana Deltoids Stretch



3. Standing Deltoids Stretch = Tadasana Deltoids Stretch



4. Standing Shoulder Rolls



5. Neck Rotation And Massage



6. Standing Side Bend Pose Variation



7. Standing Side Bend Pose Variation



8. Standing Side Stretch Pose = Ardha Kati Chakrasana



9. Mountain Pose Twist Arms Shoulder Level = Tadasana Twist Arms Shoulder Level

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10. Mountain Pose Twist Arms
Shoulder Level • Tadasana Twist
Arms Shoulder Level



11. Standing Pelvic Circles



12. Intense Leg Stretch Pose
Variation Blocks • Prasarita
Padottanasana Variation Blocks



13. Warrior Pose Variation 1 •
Virabhadrasana Variation 1



14. Seated Forward Bend Pose
Strap • Paschimottanasana Strap



15. Seated Torso Circles •
Kundalini Circles



16. Firelog Pose Variation 1 •
Agnistambhasana Variation 1



17. Sage Marichi Pose C •
Marichyasana C



18. Firelog Pose Variation 1 •
Agnistambhasana Variation 1

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19. Sage Marichi Pose C •
Marichyasana C



20. Deer Pose



21. Deer Pose



22. Supported Half Frog Pose •
Supported Ardha Bhikasana



23. Cobra Pose Variation Arms •
Bhujangasana Variation Arms



24. Supported Half Frog Pose •
Supported Ardha Bhikasana



25. Constructive Rest Arms
Overhead Pose • Savasana
Variation Arms Overhead Bent Legs
Pose



26. Wind Release Pose •
Pawanmuktasana



27. Supine Spinal Twist Pose II •
Supta Matsyendrasana II

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28. Supine Spinal Twist Pose II *
Supta Matsyendrasana II



29. Legs Raised With Strap



30. Fish Pose Bolster * Matsyasana
Bolster



31. Easy Pose Raised Arms Pose



32. Seated Cat Cow Pose *
Upavistha Bitilasana Marjaryasana



33. Anulom Vilom Pranayama



34. Bumble Bee Breath * Bhramari
Pranayama



35. Candle Gazing * Trataka