






-  Begin series
-  End series
-  Repeat series
-  Repeat Series on other leg/side
-  Repeat pose on opposite leg/side



Seated



Childs pose



Table Top



Down Dog



Rag Doll



Samasthiti



Mountain



Forward Bend



Half Lift



Chaturanga on knees



Cobra



Down Dog



Spine Twist



Savassana