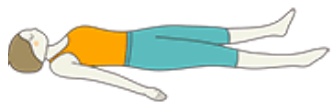


Classical Hatha Yoga Sivananda Sequence Modified (Gentle Yoga)

Trevor Eller



1. Corpse Pose



2. One Raised Leg Pose



3. Legs Up The Wall Pose



4. Half Shoulderstand Pose



5. Fish Pose Blocks



6. Seated Forward Bend Pose Blanket Under
Knees



7. Cobra Pose Variation Arms



8. Locust Pose



9. Easy Bow Pose



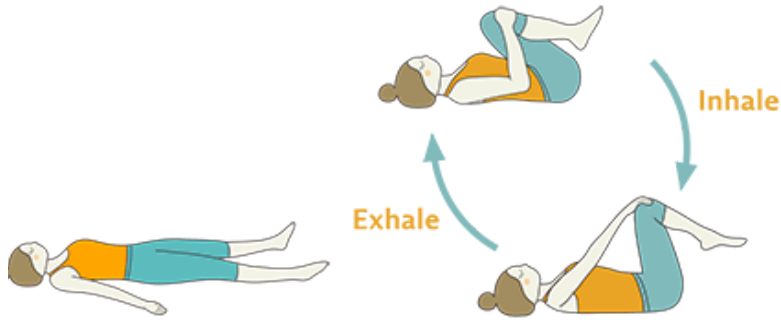
10. Twisted Pose



11. Dangling Pose



12. Extended Triangle Pose Block



13. Corpse Pose

14. Wind Release Pose Exhale Inhale Flow



15. Wind Release Pose



16. Corpse Pose