










# 20 minute sequence

Elizabeth-Anne Mulhane

<p>4B</p>  <p>1. Mountain Pose</p>	<p>4B</p>  <p>2. Mountain Pose Arms 45 Degrees</p>	<p>2B</p>  <p>3. Albatross Pose</p>
<p>2B</p>  <p>4. Bear Pose</p>	<p>2B</p>  <p>5. Albatross Pose</p>	<p>2B</p>  <p>6. Bear Pose</p>


20 minute sequence

2B




7. Albatross Pose

2B




8. Bear Pose

2B




9. Standing Forward Fold Pose  
Variation Knees Bent

2 B




10. Downward Facing Dog Pose

2B



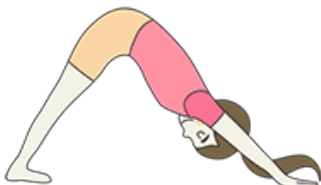
11. Plank Pose

2 B



12. Cobra Pose

2B




13. Downward Facing Dog Pose

2B




14. Standing Forward Fold Pose

10B




15. Mountain Pose

2B




16. Tree Pose

4B



17. Mountain Pose

2B




18. Tree Pose

5B



19. Mountain Pose

2B




20. Tree Pose

5B



21. Mountain Pose

2B




22. Tree Pose

10B



23. Mountain Pose

2B



24. Volcano Pose

2B



25. Upward Salute Side Bend Pose

2B



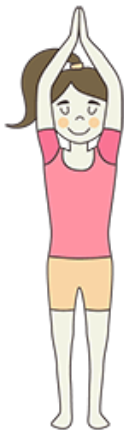
26. Upward Mountain Pose Namaste Hands

2B



27. Upward Salute Side Bend Pose

2B



28. Upward Mountain Pose Namaste Hands

2B



29. Upward Salute Side Bend Pose

2B



30. Upward Mountain Pose Namaste Hands

2B



31. Upward Salute Side Bend Pose

2B



32. Extended Mountain Pose With Backbend

2B



33. Standing Forward Fold Pose

2B



34. Extended Mountain Pose With Backbend

2B



35. Standing Forward Fold Pose

2B



36. Extended Mountain Pose With Backbend

2B



37. Standing Forward Fold Pose

5B



38. Garland Pose

10B



39. Bound Angle Pose

2B



40. Revolved Bound Angle Pose

2B



41. Bound Angle Pose

2B



42. Revolved Bound Angle Pose

5B



43. Bound Angle Pose

2B



44. Revolved Bound Angle Pose

2B



45. Bound Angle Pose

2B



46. Revolved Bound Angle Pose

5B



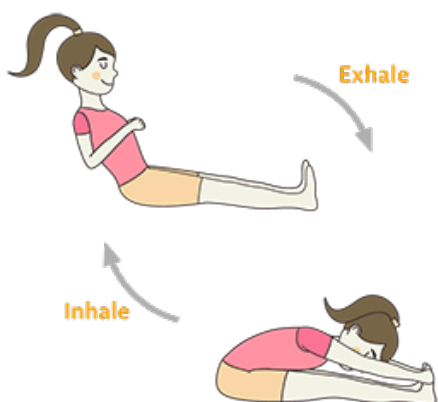
47. Bound Angle Pose

4B



48. Seated Forward Bend Pose

2B



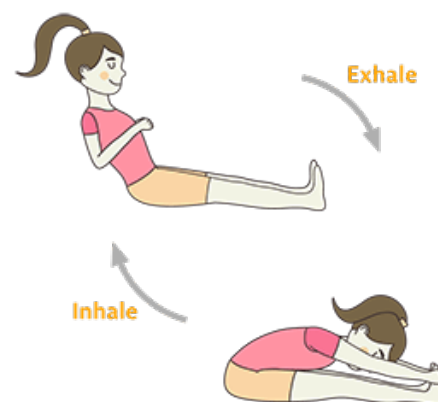
49. Rowing The Boat Flow

2B




50. Staff Pose

2B




51. Rowing The Boat Flow

2B




52. Staff Pose

2B




53. Revolved Staff Pose

2B




54. Staff Pose

2B




55. Revolved Staff Pose

2B




56. Staff Pose

2B




57. Revolved Staff Pose

2B




58. Revolved Head On Knee Pose

2B




59. Revolved Heron Pose Variation

5B




60. Staff Pose

2B




61. Revolved Staff Pose

2B




62. Revolved Head On Knee Pose

2B




63. Revolved Heron Pose Variation

10B




64. Bound Angle Pose

2B




65. Revolved Bound Angle Pose

2B




66. Revolved Bound Angle Pose

2B




67. Bound Angle Pose

2B



68. Revolved Bound Angle Pose


2B



69. Revolved Bound Angle Pose




2B





70. Bound Angle Pose

2B





71. Child Pose

2B





72. Cat Cow Pose

2B




73. Cat Cow Pose

2B




74. Cat Cow Pose

10B





75. Child Pose

2B





76. Table Top Pose

2B




77. Cat Cow Pose

2B



78. Cat Cow Pose


2B



79. Cat Cow Pose

The illustration shows two poses. The top pose is the Cat Pose, where the person is on all fours with their back rounded and head tucked down. The bottom pose is the Cow Pose, where the person is on all fours with their back arched and head tilted back.

5+B



80. Child Pose

The illustration shows a person in Child Pose, lying on their stomach with knees pulled up close to their body and arms extended forward.


2B



81. Wide Child Pose

The illustration shows a person in Wide Child Pose, lying on their stomach with knees pulled wide apart and arms extended forward.


2B



82. Cobra Pose

The illustration shows a person in Cobra Pose, lying on their stomach with elbows under their shoulders and hips lifted off the ground.


2B



83. Wide Child Pose

The illustration shows a person in Wide Child Pose, lying on their stomach with knees pulled wide apart and arms extended forward.


2B



84. Cobra Pose

The illustration shows a person in Cobra Pose, lying on their stomach with elbows under their shoulders and hips lifted off the ground.


2B



85. Wide Child Pose

The illustration shows a person in Wide Child Pose, lying on their stomach with knees pulled wide apart and arms extended forward.


2B



86. Cobra Pose

The illustration shows a person in Cobra Pose, lying on their stomach with elbows under their shoulders and hips lifted off the ground.

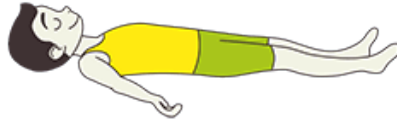
2B



87. Sphinx Pose

The illustration shows a person in Sphinx Pose, lying on their stomach with elbows under their shoulders and hips lifted off the ground.

5B



88. Corpse Pose