



Savasana



Full Head Knee from Sitting
Root Chakra



Boat - step 1



Boat - step 2
Sacral Chakra



Boat



Warrior 2
Solar Plexus Chakra



Camel - step 1



Camel

Heart Chakra



Lion (prep)
Throat Chakra



Fish
Third Eye Chakra



Bridge - step 1



Bridge - step 2
Crown Chakra



Wheel



Knees into Chest



Savasana