1. **Child’s Pose**
- Kneel on the floor bent over with forehead on the floor.
- Arms extend behind the body on the floor with palms up.

2. **Downward-Facing Dog**
- On hands and feet create a point with hips.
- Push heels to the floor – straight back

3. **Cobra Pose**
- From lying prone, lift upper torso with arms.
- Lift through the chest

4. **Cow Pose**
- On hands and knees, pull belly towards the floor.
- Hands pointed forward, toes pointed behind.

5. **Cat Pose**
- On hands and knees, round spine out evenly pushing belly up.
- Hands pointed forward, toes pointed behind.

6. **Extended Puppy Pose**
- Stack hips over knees
- Extend torso and arms forward resting forehead on floor.
<table>
<thead>
<tr>
<th>Pose</th>
<th>Description</th>
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| 7. Sphinx Pose           | - In a prone position, stack elbows under shoulders.  
- Lift upper torso onto forearms.                                                                                                               |
| 8. Cat Pose              | - On hands and knees, round spine out evenly pushing belly up.  
- Hands pointed forward, toes pointed behind.                                                                                                    |
| 9. Cow Pose              | - On hands and knees, pull belly towards the floor.  
- Hands pointed forward, toes pointed behind.                                                                                                    |
| 10. Cobra Pose           | - From lying prone, lift upper torso with arms.  
- Lift through the chest.                                                                                                                        |
| 11. Downward-Facing Dog  | - On hands and feet create a point with hips.  
- Push heels to the floor – straight back                                                                                                         |
| 12. Child’s Pose         | - Kneel on the floor bent over with forehead on the floor.  
- Arms extend behind the body on the floor with palms up.                                                                                     |

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