

# Practice Session 4



1-Mountain



2-Warrior I  
Right Leg Forward



3-Warrior II Right Leg  
Forward



4-Warrior III



5-Mountain



6-Warrior I Left Leg Forward



7-Warrior II Left Leg Forward



8-Warrior III



9-Mountain



10-Prayer Lunge  
Left Foot Forward



11-Marichy Left  
Leg



12-Staggered Right Leg  
Forward Bend Prayer Hands



13-Prayer Lunge Right  
Foot Forward



14-Marichy Right Leg



15-Staggered Left Leg  
Forward Bend Prayer Hands



16-Mountain Prayer Hands



17-Forward Bend Step on Hands



18-Forward Bend Hold Big Toes



19-Forward Bend Look Up



20-Breath Hands Up

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21-Downward Facing Dog



22-Plank



23-Crocodile



24-Upward Facing Dog



25-Downward Facing Dog



26-Plank



27-Plank  
Right Side Arm Balance



28-Plank  
Holding Right Big Toe  
Extended



29-Plank



30-Plank  
Left Side Arm Balance



31-Plank  
Holding Left Big Toe  
Extended



32-Downward Facing Dog



33-Cross Beam of the  
Gate



34-Cross Beam of  
the Gate



35-Child's Pose