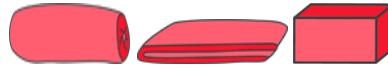








Ease Pelvic pain



- Beginner, Gentle
- Easing Menstrual Pain
- Hip Openers



"Within you is a stillness, a sanctuary, to which you may retreat at any time and be yourself"

<p>1m</p>  <p>1. Easy Pose • Sukhasana</p>	<p>30s</p>  <p>2. Easy Pose Variation Side Bend Hand On Knee • Parsva Sukhasana Variation Hand On Knee</p>	<p>30s</p>  <p>3. Easy Pose Variation Side Bend Hand On Knee • Parsva Sukhasana Variation Hand On Knee</p>
<p>30s</p>  <p>4. Easy Pose Variation Side Bend Hand On Knee • Parsva Sukhasana Variation Hand On Knee</p>	<p>30s</p>  <p>5. Easy Pose Variation Side Bend Hand On Knee • Parsva Sukhasana Variation Hand On Knee</p>	<p>30s</p>  <p>6. Half Lord Of The Fishes Pose Variation Hand Up Leg • Ardha Matsyendrasana Variation Hand Up Leg</p>

45s



7. Seated Straddle Pose •
Upavistha Konasana

30s



8. Head On Knee Pose Strap • Janu
Sirsasana Strap

30s



9. Head On Knee Pose Strap • Janu
Sirsasana Strap

30s



10. Half Lord Of The Fishes Pose
Variation Hand Up Leg • Ardha
Matsyendrasana Variation Hand Up
Leg

30s



11. Half Lord Of The Fishes Pose
Variation Hand Up Leg • Ardha
Matsyendrasana Variation Hand Up
Leg

1m 15s



12. Kneeling Sun Salutation
Sequence • Kneeling Surya
Namaskar Vinyasa

20s



13. Downward Facing Dog Pose •
Adho Mukha Svanasana

20s



14. Three Legged Downward
Facing Dog Pose • Tri Pada Adho
Mukha Svanasana

20s



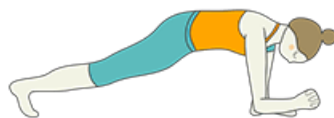
15. Three Legged Downward
Facing Dog Pose Variation
Stacked • Tri Pada Adho Mukha
Svanasana Variation Stacked

10s



16. Three Legged Downward Facing Dog Pose • Tri Pada Adho Mukha Svanasana

45s



17. Lizard Pose • Utthan Pristhasana

1m



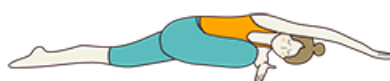
18. Half Pigeon Pose • Ardha Kapotasana

1m



19. Sleeping Swan Pose • Kapotasana II

30s



20. Thread The Needle Pose Variation Pigeon Legs • Urdhva Mukha Pasasana Variation Pada Kapota

45s



21. Wide Child Pose • Prasarita Balasana

20s



22. Downward Facing Dog Pose • Adho Mukha Svanasana

20s



23. Three Legged Downward Facing Dog Pose • Tri Pada Adho Mukha Svanasana

20s



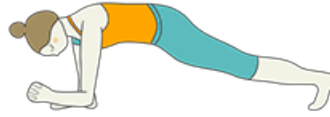
24. Three Legged Downward Facing Dog Pose Variation Stacked • Tri Pada Adho Mukha Svanasana Variation Stacked

10s



25. **Three Legged Downward Facing Dog Pose** • Tri Pada Adho Mukha Svanasana

45s



26. **Lizard Pose** • Utthan Pristhasana

1m



27. **Half Pigeon Pose** • Ardha Kapotasana

1m



28. **Sleeping Swan Pose** • Kapotasana II

30s



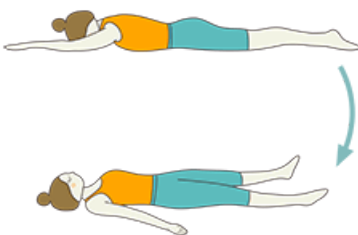
29. **Thread The Needle Pose Variation Pigeon Legs** • Urdhva Mukha Pasasana Variation Pada Kapota

45s



30. **Wide Child Pose** • Prasarita Balasana

30s



31. **Reverse Corpse Pose To Corpse Pose Flow** • Advasana Savasana Vinyasa

1m



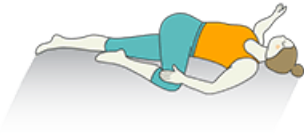
32. **Reclining Bound Angle Pose** • Supta Baddha Konasana

45s



33. **Supine Spinal Twist Yoga Pose I** • Supta Matsyendrasana I

45s



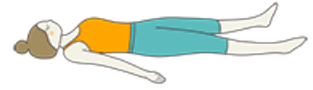
34. **Supine Spinal Twist Yoga Pose**
I • Supta Matsyendrasana I

45s



35. **Happy Baby Pose** • Ananda
Balasana

5m



36. **Corpse Pose** • Savasana



37. **Namaskar Mudra Close Up** •
Anjali Mudra Close Up