
















<b>QUADS/HIP FLEXOR</b>	
<b>Crescent Lunge (Bend Back)</b>	
<b>Hero Pose</b>	
<b>Pigeon Pose</b>	
<b>Dancer</b>	
<b>Camel</b>	
<b>Bow / Half Bow</b>	
<b>Monkey, on Forearm</b>	
<b>Squatting Prayer</b>	

<b>BACK</b>	
<b>Cat - Cow</b>	
<b>Cobra</b>	
<b>Bridge</b>	

<b>HAMSTRING</b>	
<b>Downward Dog</b>	
<b>Big Toe Pose (standing/supine)</b>	
<b>Pyramid</b>	
<b>Half Splits</b>	
<b>Triangle</b>	
<b>Seated 3 Limb Forward Bend</b>	

<b>GLUTES/OTHER</b>	
<b>Figure Four</b>	
<b>Seated Twist</b>	
<b>Knee to Opposite Shoulder</b>	
<b>Child Pose</b>	
<b>Happy Baby</b>	