



# Full Body Stretch Sequence. 45 minutes.



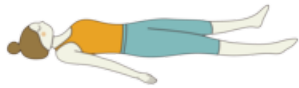
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**CHE YOGA**

& Ayurveda Wellness

**Theme:** Healing and stretching

**Duration:** 45 mins



1. Corpse Pose  
Savasana



2. Full Body Stretch Pose



3. Reclined Big Toe Pose A  
Supta Padangusthasana A



4. Wind Release Pose  
Pawanmuktasana



5. Seated Shoulder Rolls



6. Seated Neck Rolls



7. Cat Cow Pose  
Bitilasana Marjaryasana



8. Urdhva Mukha Pasasana A  
Urdhva Mukha Pasasana



9. Puppy Dog Pose  
Uttana Shishosana



10. Child Pose  
Balasana



11. Downward Facing Dog Pose  
Adho Mukha Svanasana



12. Child Pose  
Balasana



13. Downward Facing Dog Pose  
Adho Mukha Svanasana



14. Crescent Low Lunge Pose  
Block  
Anjaneyasana Block



15. Crescent High Lunge Pose  
Ashta Chandrasana



16. Downward Facing Dog Pose  
Adho Mukha Svanasana



17. Crescent Low Lunge Pose  
Block  
Anjaneyasana Block



18. Crescent High Lunge Pose  
Ashta Chandrasana



19. Dangling Pose  
Uttanasana Variation Hands to Elbows



20. Mountain Pose  
Tadasana



21. Intense Leg Stretch Pose  
Prasarita Padottanasana



22. Intense Leg Stretch Pose D  
Prasarita Padottanasana D



23. Sphinx Pose  
Salamba Bhujangasana



24. Cobra Pose  
Bhujangasana



25. Child Pose  
Balasana



26. Bound Angle Pose  
Baddha Konasana



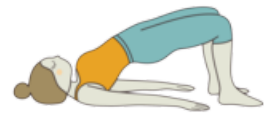
27. Twisted Pose  
Vakrasana



28. Twisted Pose  
Vakrasana



29. Wind Release Pose  
Pawanmuktasana



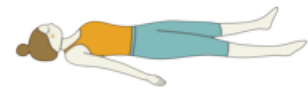
30. Bridge Pose  
Setubandhasana



31. Reverse Pigeon Pose  
Sucirandhrasana



32. Happy Baby Pose  
Ananda Balasana



33. Corpse Pose  
Savasana