
#	Pose	Time
1	Easy seated pose	1 min
2	Cat-cow	1 min
3	Downward-facing dog	1 min
4	Standing forward fold	1 min
5	Mountain	30 s
6	Chair	30 s
7	Warrior I (each side)	1 min
8	Warrior II (each side)	1 min
9	Triangle (each side)	1 min
10	Tree (each side)	1 min
11	Bridge	1 min
12	Child's pose	1 min
13	Corpse pose	3 min