



Mountain



Mountain with Arms Up



Standing Forward Bend



Halfway Lift



Standing Forward Bend



Plank



Cobra



Downward-Facing Dog



Halfway Lift



Standing Forward Bend



Mountain with Arms Up



Mountain



Mountain with Arms Up



Chair



Standing Forward Bend



Halfway Lift



Plank



Four Limbed Staff

# Schaedler Yoga

February 15, 2017 • 3:50 • 46 Poses

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Upward-Facing Dog



Downward-Facing Dog



Warrior I



Downward-Facing Dog



Warrior I



Downward-Facing Dog



Halfway Lift



Standing Forward Bend



Mountain with Arms Up



Standing Forward Bend with  
Shoulder Opener



Halfway Lift



Four Limbed Staff



Upward-Facing Dog



Downward-Facing Dog



Side Plank



Side Plank



Downward-Facing Dog



Halfway Lift



Standing Forward Bend



Mountain with Arms Up



Mountain



Tree



Warrior I



Warrior II



Triangle



Boat



Crow



Corpse