



Daily Sequence

1. Sun Salutation diagram showing various poses and their benefits.

2. Uttanasana (Standing Forward Bend) diagram showing the pose and its benefits.

3. Illustration of a person performing Uttanasana.

4. Silhouette of a person performing Uttanasana.

5. Photo of a person performing Uttanasana.

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6. Diagram showing the sequence of movements for Uttanasana.

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8. Illustration of a person performing Cow Face Pose (Gomukhasana).

Cow Face Pose
Gomukhasana

9. Diagram showing the sequence of movements for Setu Bandhasana (Bridge Pose).

Setu Bandhasana

10. Stick figure diagram of Setu Bandhasana.