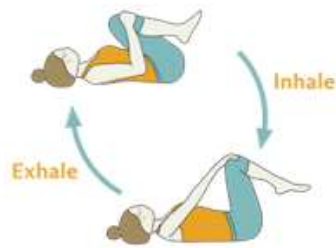


Yoga During Exam Time

Practices for Creating Stability and Ease



1. Constructive Rest Pose Variation Knees Together Feet Apart • Savasana Variation Bent Legs Knees Together Feet Apart



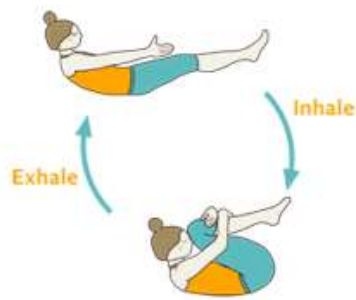
2. Wind Release Pose Exhale Inhale Flow • Apanasana Exhale Inhale Flow



3. Wind Release Pose Flow • Pawanmuktasana Vinyasa



4. Seated Wind Release Pose • Upavistha Pawanmuktasana




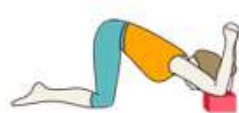







5. Half Boat Pose Arms Forward Wind Release Pose Nose To Knee Flow • Ardha Navasana Arms Forward Pawanmuktasana Nose To Knee Vinyasa



6. Mill Churning Pose • Chakki Chalanasana

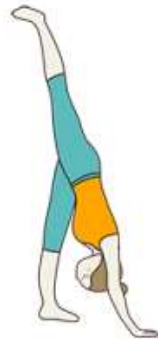
Practices for Creating Stability and Ease

 <p>7. Child Pose • Balasana</p>	 <p>8. Cat Cow Child Pose Flow • Bitilasana Marjaryasana Balasana Vinyasa</p>	 <p>9. Puppy Dog Pose • Uttana Shishosana</p>
 <p>10. Puppy Dog Pose One Block • Uttana Shishosana One Block</p>	 <p>11. Downward Facing Dog Pose • Adho Mukha Svanasana</p>	 <p>12. Downward Facing Dog Pose Flow • Adho Mukha Svanasana Flow</p>
 <p>13. Downward Facing Dog Pose Flow • Adho Mukha Svanasana Flow</p>	 <p>14. Sun Salutation • Surya Namaskar</p>	 <p>15. Standing Split Pose • Urdhva Prasarita Eka Padasana</p>

Practices for Creating Stability and Ease



16. Sun Salutation • Surya Namaskar



17. Standing Split Pose • Urdhva Prasarita Eka Padasana



18. Downward Facing Dog Pose • Adho Mukha Svanasana



19. Half Pigeon Pose Variation I • Ardha Kapotasana Variation I



20. Downward Facing Dog Pose • Adho Mukha Svanasana



21. Half Pigeon Pose Variation I • Ardha Kapotasana Variation I

Practices for Creating Stability and Ease



22. **Downward Facing Dog Pose**
• Adho Mukha Svanasana



23. **Bridge Pose** • Setubandha
Sarvangasana



24. **Bridge Pose** • Setubandha
Sarvangasana



25. **Revolved Abdomen Twist
Pose** • Jathara Parivartanasana



26. **Easy Pose** • Sukhasana



27. **Corpse Pose (IRT)** •
Savasana (IRT)