Sun Salutations

Mountain Namaste Mudra	Chair	Standing Forward Bend	Halfway Lift I	Four Limbed Staff	Plank On Forearms
Upward Facing Dog	Downward Facing Dog	Warrior I	Downward Facing Dog Split	Low Lunge	Warrior I
Cobra Hands Forward	Downward Facing Dog	Halfway Lift I	Standing Forward Bend	Chair	Mountain Namaste Mudra

You can create lesson plans like this using the Genie Lesson Planner