

Megafana

Watha Beginners Series



Seated Forward Fold
Paschimottasana



Corpse Pose
Savasana



Head-to-Knee Pose
Janusirsana



**Half Lord of the Fishes
Pose**
Ardha Matsyendrasana



Supine Belly Twist
Jathara Parivartasana



Chaturanga Flow
Chaturanga Flow



Warrior II
Virabhadrasana II



Warrior I
Virabhadrasana I



Runner's Lunge
*Utthita Ashwa
Sancha-lanasana*



Low Lunge
Anjaneyasana



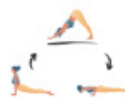
Easy Twist
*Parivrtta Utthita Ashwa
Sanchalanasana*



Reverse Warrior
Viparita Virabhadrasana



High Plank
Phalakasana



Chaturanga Flow
Chaturanga Flow



Tree Pose
Vrikasana