



Cheat Sheet For Ether Studio Newbies! :)

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1. Anjali Mudra (Palm to Palm)



2. Sukhasana (Comfortable Pose)



3. Mountain Pose = Tadasana



4. Tadasana w/Anjali Mudra



5. "Rise Up"



6. Uttanasana (Standing Fold)



7. High Lunge



8. Low Lunge



9. Crescent Moon



10. Plank



11. Downward Facing Dog Pose =
Adho Mukha Svanasana



12. Child Pose = Balasana



13. Table Pose



14. Cat Arch (top) Cat Tilt (bottom
illustration)



15. Cat Poses with breath



16. Balancing Cat



17. Warrior 1 Variation (back heel
stays lifted)



18. Power Archer



19. Warrior 1 (Virabhadrasana 1)



20. Warrior 2 (Virabhadrasana 2)



21. Revolved Warrior 2



22. Giraffe



23. Bridge (Setubandasana)



24. Savasana ~ "Pose of
Tranquility, Pose of Peace"