

Pull ups  
Chin ups

Leg lifts – ½ way and up and all the way up  
Windshield wipers  
Kips  
Skin the Cat

Push ups with legs raised, narrow and wide grips  
Asymmetric hand placement

Wrist in armpit  
Fingers spread on thigh

Bicycle sit-ups  
Running With Scissors  
Leg Lifts  
Parivartanasana (Belly Rolling)  
Throw downs

Squat  
Squat with bind under thigh and around back  
Squat with bind around whole leg and back

Virasana  
Toes curled under—Samurai

Forward bend with clasp around one leg and back  
Around both legs and back!  
Prasarita Padottanasana C  
Uttanasana, Hands clasped behind back, pulled over to touch ground with help. Or use wall or weight.

Warrior 1  
Utthita Parshvakonasana with hands extended.  
With clasp. Baddha P  
Baddha Trikonasana  
Parivritta Parshvakonasana  
Baddha Parshvakonasana  
James Brown Splits

Parshvakonasana with hands in Hidden Namaste and Gomukhasana  
Garudasana  
Hands over again.

Paschimottanasana with blocks.  
With squishing

Marichyasana 1234 with assists.  
Ardha Matsyasana

Baddha Konasana with squishing and massage.  
Upavishta Konasana holding an ankle and squishing.  
With 3 chairs

Arm Balances?  
Eka Pada Galavasana and its prep.

Eka Pada Raja Kapotasana  
With car crash arms.  
Rubber Guard?

Svastikhansana A and B  
Half Lotus  
Half Lotus Half Virasana  
Full Lotus  
Cinched Lotus  
Bound Lotus  
Lifted Lotus  
Car Crash Lotus

Turtle series  
Bhujapidasana  
Tittibhasana  
Kurmasana  
Supta Kurmasana  
Yoga Nidrasana

Eka Pada Sirsasana  
Rock the Baby  
With bind  
Fold forward, back, stand up.

Splits.  
Janu Sirsasana  
Janu Sirsasana B and C. Bull's-eye and toes.  
Bar of the Gate-Parighasana with assist.  
Splits with partner holding front leg off the floor, back leg off the floor.

Handstands

Walk side to side with back to wall

Face wall and walk towards and away from wall

One handed

Turn circles

Walk into a backbend

Backbends

Locust

Bow. Lifted Bow. Partner lifts you by the feet and hands.

Camel

Laghu Vajrasana 5 times

Setu Bandha

Eka Pada Setu Bandha

Lift the feet in Locust for a reverse Stack

Virasana

Supta Virasana

Backbends in trios.

Backbend with one partner holding ribs, you holding ankles

Walk around in Backbends

Partner's feet in the small of your back/ on sacrum lifted Backbends

Child's pose supported Backbends

Shoulder Stands

Forward Bend

“Candlestick”

Leaning over hand to stretch wrist

Plow (Halasana) arms extended, hands on back, shoulders shrugging

Karna Pindasana (Ear Pressure) arms extended, hands on back, shoulders shrugging

Stacking is KP.

Bridges for neck strength

Somersaults-( Chakrasana-Wheel)

Head Stand

Sugrivasana –Neck traction

Elbow Balance

Vri Pariti Karani

Shavasana

About 113 items