Uttita Parsvakonasana  
Extended Side Angle

Uttita Trikonasana  
Extended Triangle

Parsvottanasana  
Intense Hamstring Stretch

Utkatasana  
Chair

Utkatasana with Anjali Mudra Twist  
Chair with Prayer Twist

5-Pointed Star

or any one-legged balance

Vrksasana  
Tree

Virabhadrasana III  
Warrior III

Ardha Chandrasana  
Half Moon

or on knees

Plank  
or knee plank

Dolphin Plank Pose

Anjaneyasana  
Low Lunge
Prasarita Padottanasana
Wide-Legged Forward Bend

Goddess

Malasana Squat

Marjaryasana
Cat

Bitalasana
Cow

Anahatasana
Melting Heart

Sphinx

Ardha Dhanurasana
Half Bow

Ustrasana Camel

Shasangasana
Rabbit

Salabhasana
Locust

Balasana Child's Pose
Ananda Balasana
Happy Baby

Supta Baddha Konasana
Reclined Bound Angle

Viparita Karani
Legs Up the Wall

Savasana
Corpse

Sukhasana
Easy