

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