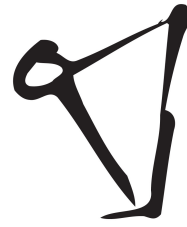
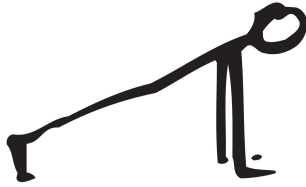




Uttanasana
Standing Forward Bend



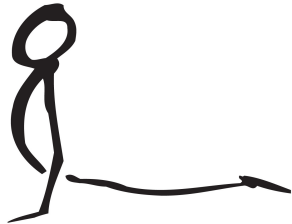
Ardha Uttanasana
Standing Half Forward Bend



Plank



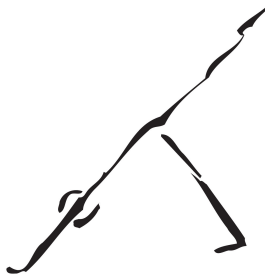
Chaturanga Dandasana
Four Limbed Staff



Urdhva Mukha Svanasana
Upward Facing Dog



Adho Mukha Svanasana
Downward Facing Dog



Eka Pada Adho Mukha Svanasana
One Leg Downward Dog



Kumara Svanasana
Downward Dog - Hip Opening



Banarasana
High Lunge



Anjaneyasana
Low Lunge