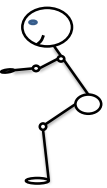
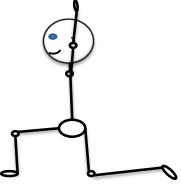


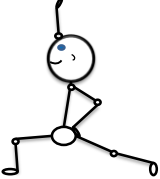
### Standing



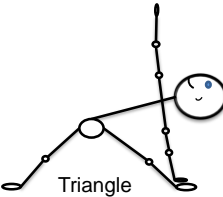
chair



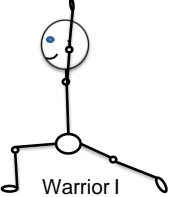
Dragon





Reverse Warrior





Triangle

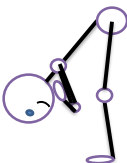


Warrior I

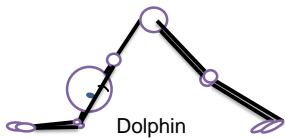




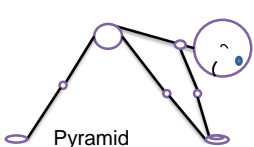
### Forward Bends



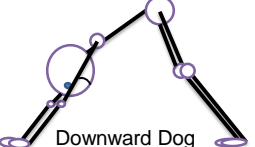
Forward Fold



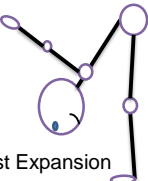
Dolphin





Pyramid





Downward Dog

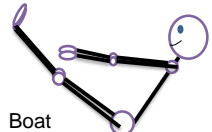


Chest Expansion

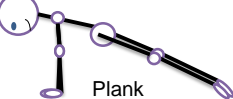




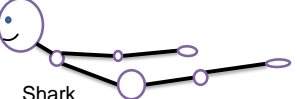
### Core



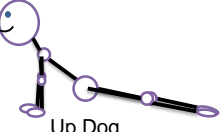
Boat




Plank





Shark





Up Dog

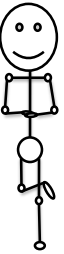


Crocodile

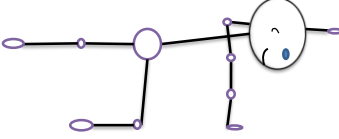




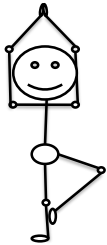
### Balance



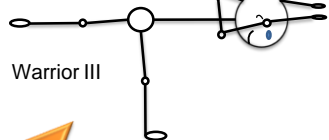
Pigeon



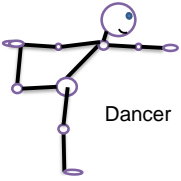
Spinal Balance



Tree



Warrior III



Dancer

