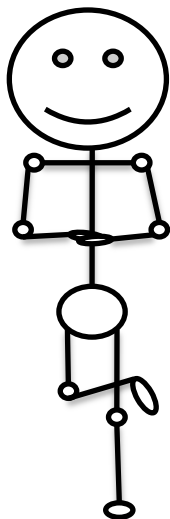
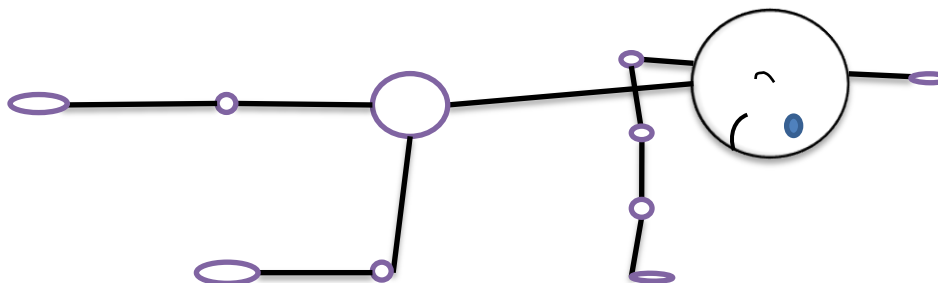


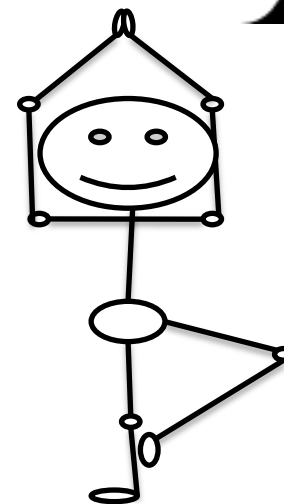
Balance Poses



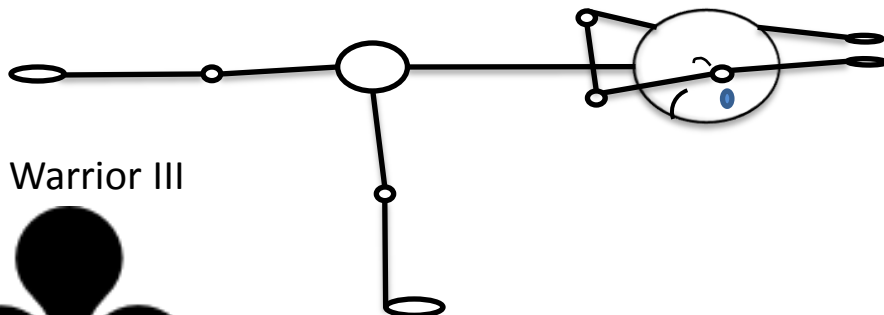
Pigeon



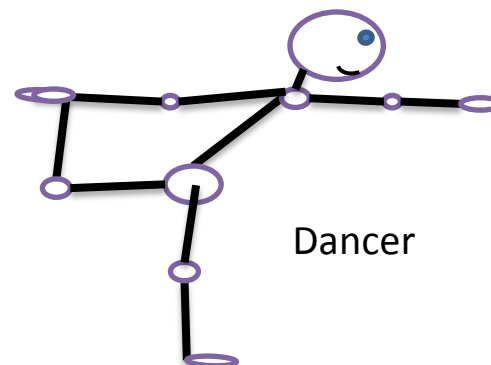
Spinal Balance



Tree



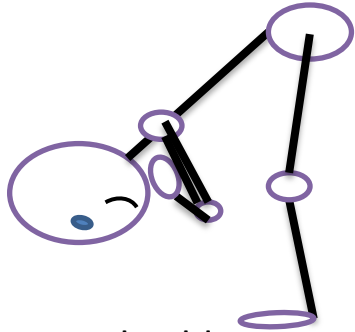
Warrior III



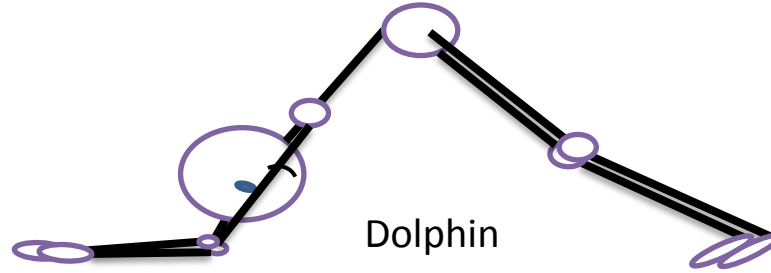
Dancer



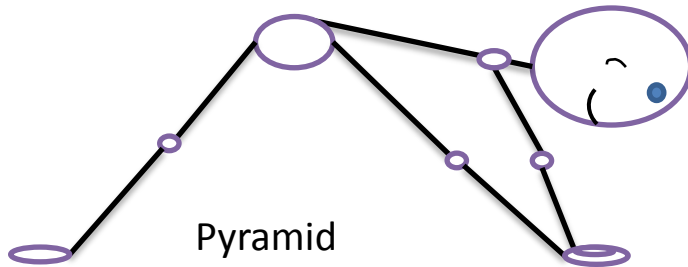
Forward Bends Poses



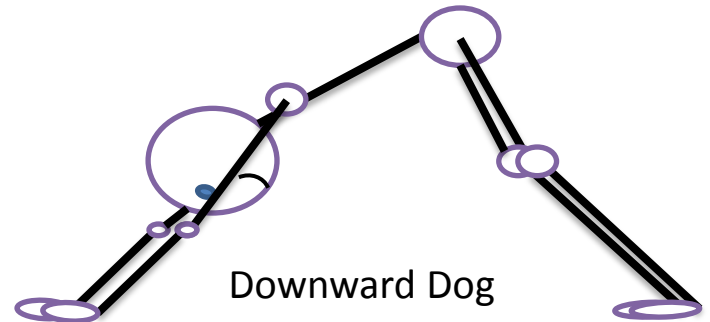
Forward Fold



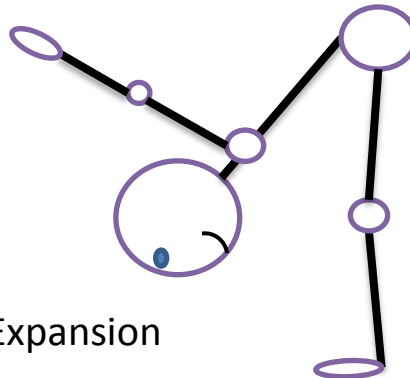
Dolphin



Pyramid



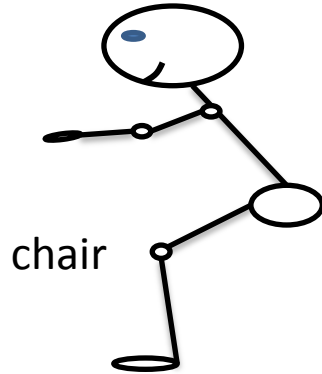
Downward Dog



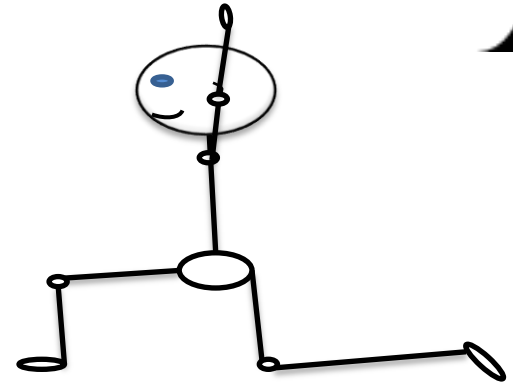
Chest Expansion



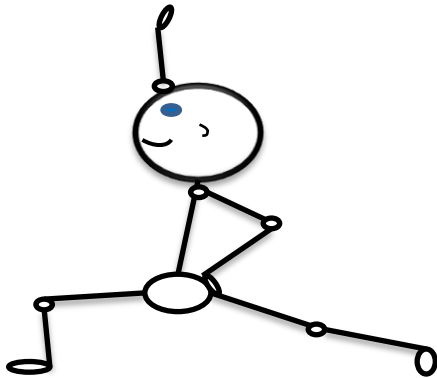
Standing Poses



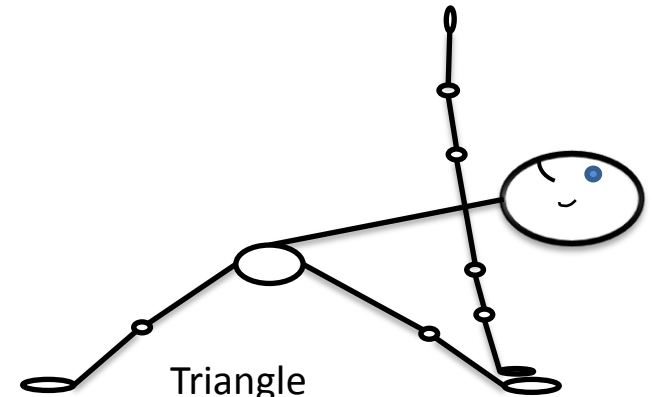
chair



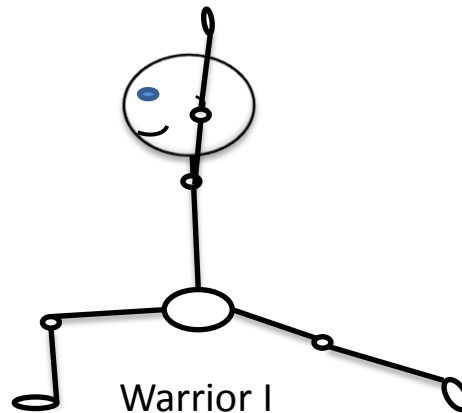
Dragon



Reverse Warrior



Triangle



Warrior I



Core

