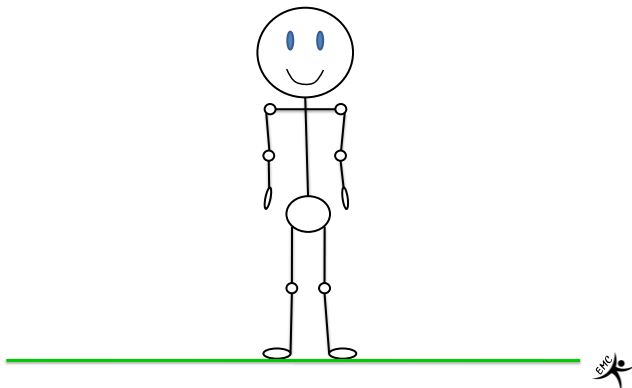
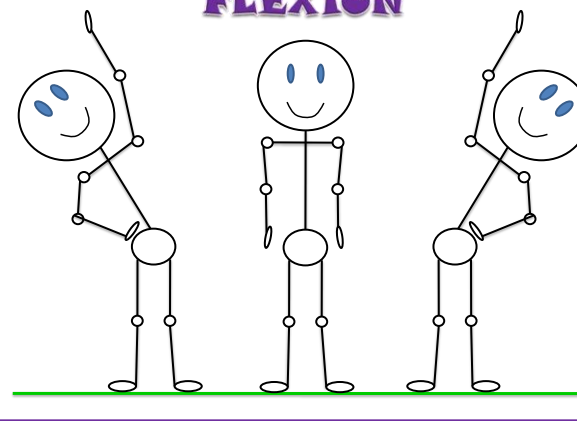




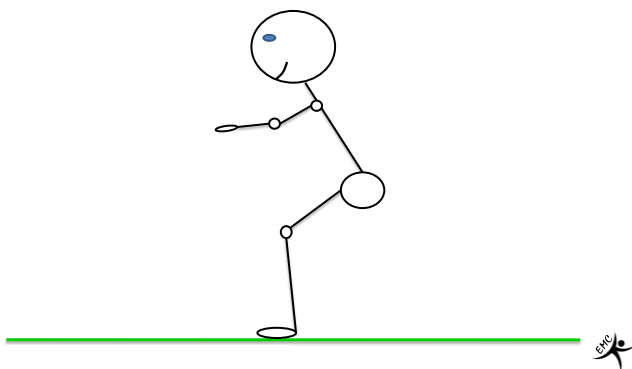
MOUNTAIN



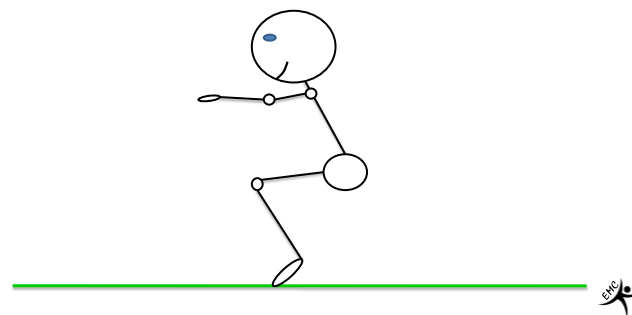
STANDING LATERAL FLEXION



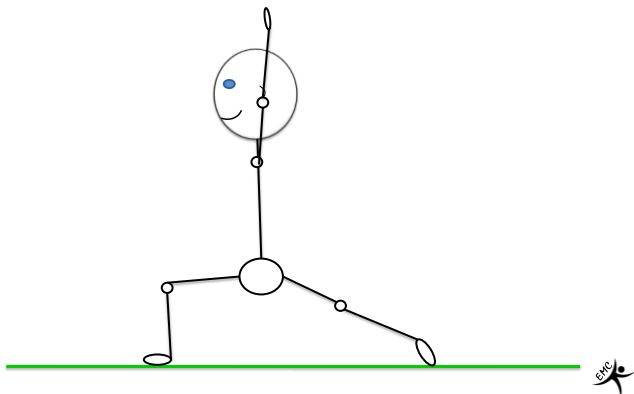
CHAIR



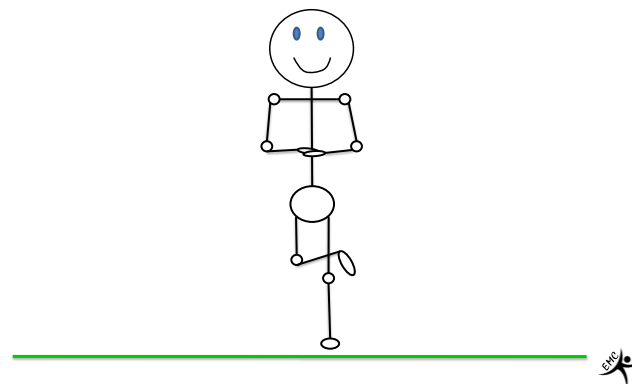
BALANCE CHAIR



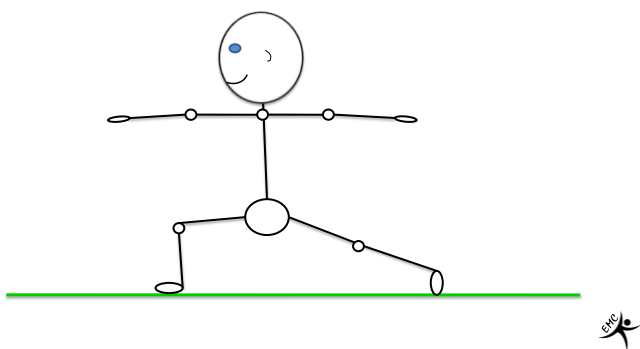
WARRIOR 1



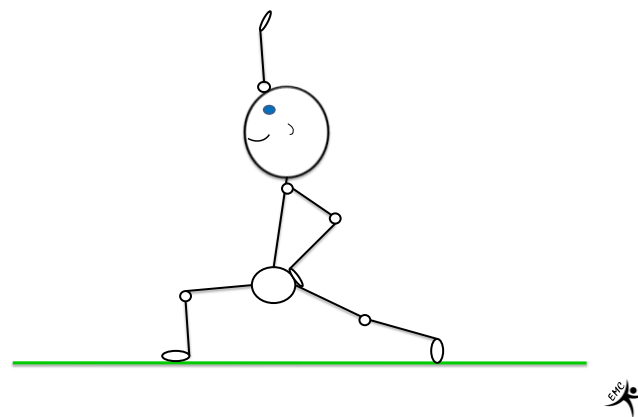
Balance Pigeon



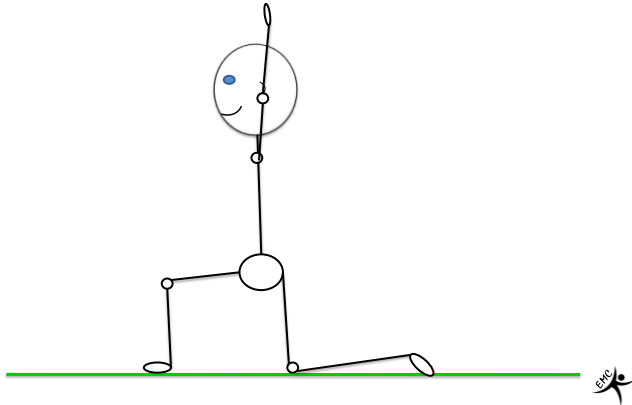
WARRIOR 2



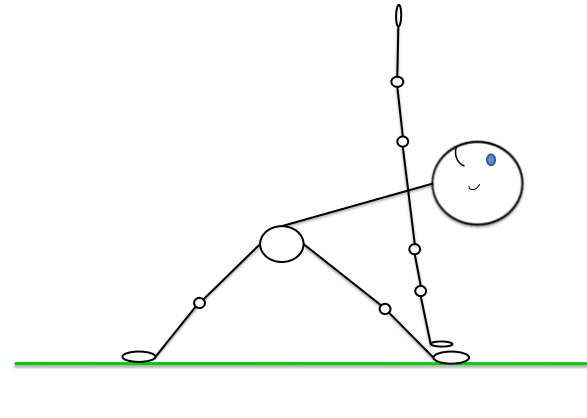
REVERSE WARRIOR



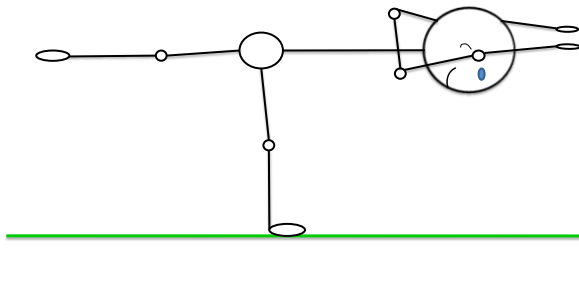
DRAGON



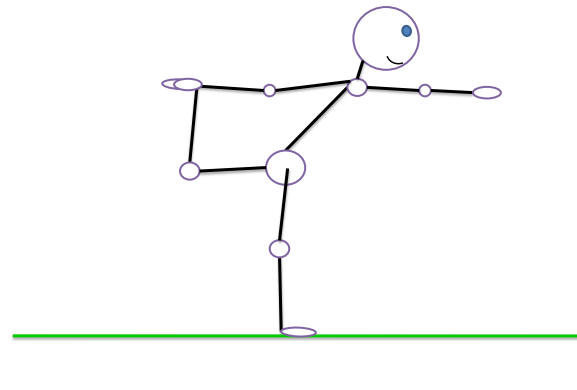
TRIANGLE



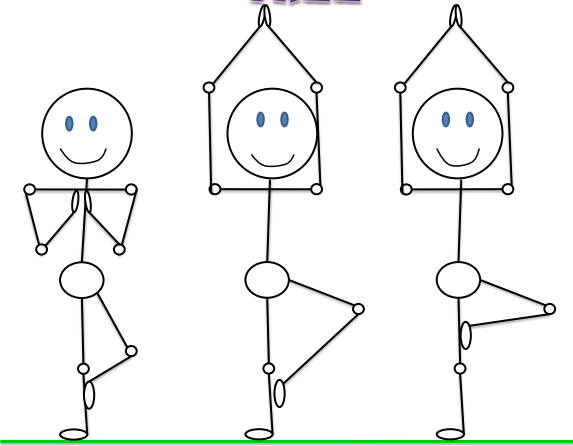
Warrior III



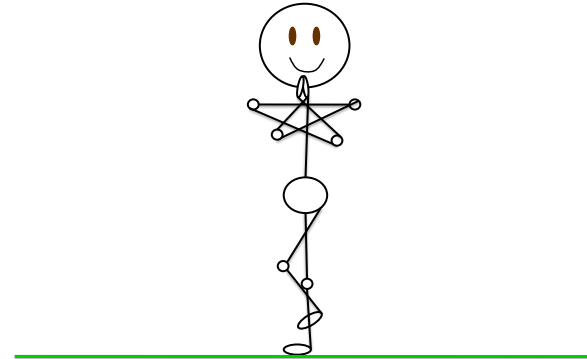
DANCER



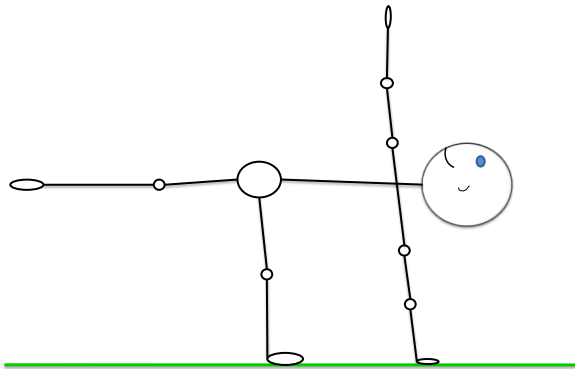
TREE



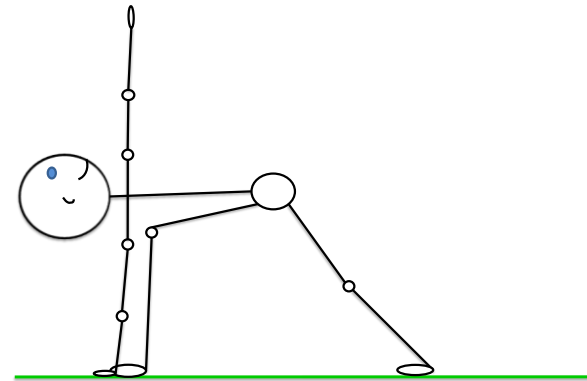
EAGLE



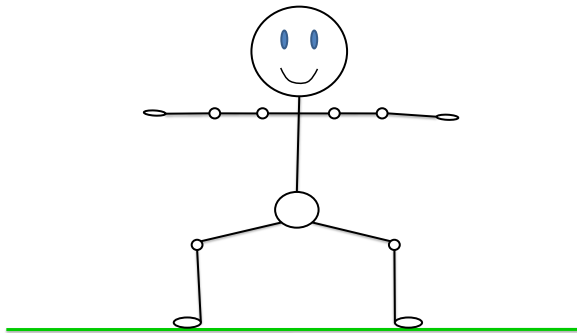
BALANCING HALF MOON



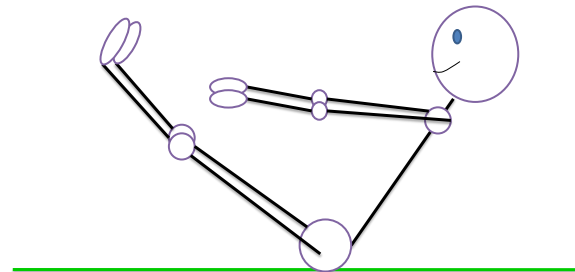
EXTENDED ANGLE



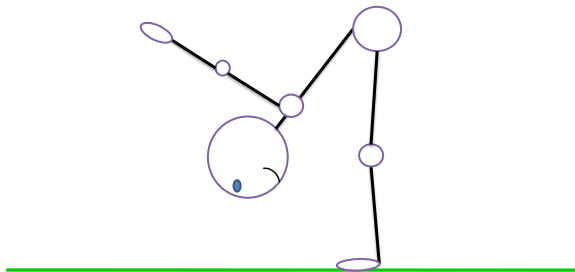
SUN POSE



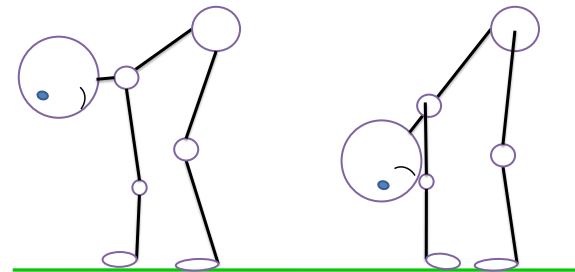
BOAT



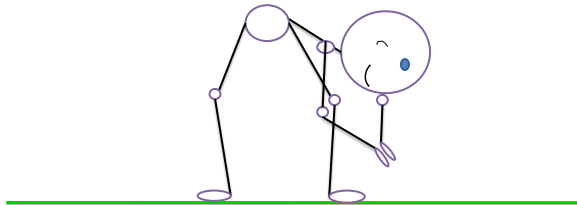
STANDING CHEST EXPANSION



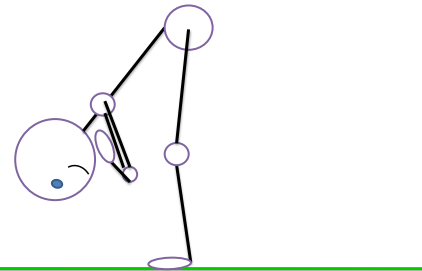
MONKEY & WRIST STRETCH



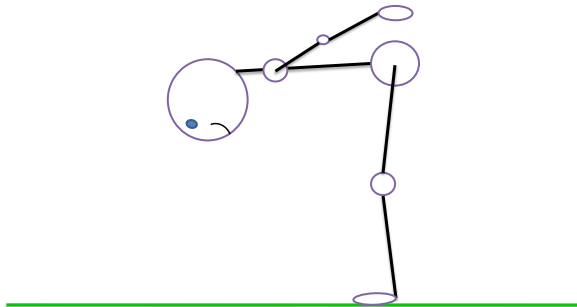
GORILLA



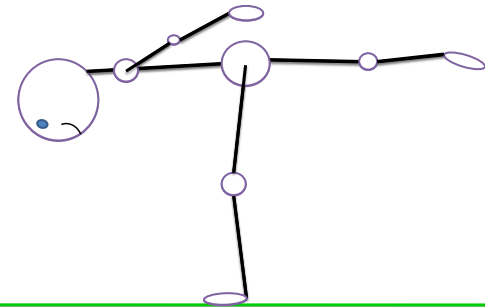
STANDING FORWARD FOLD



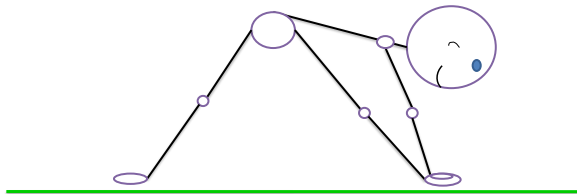
AIRPLANE



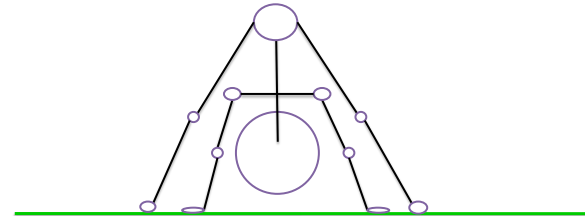
AIRPLANE with RUDDER



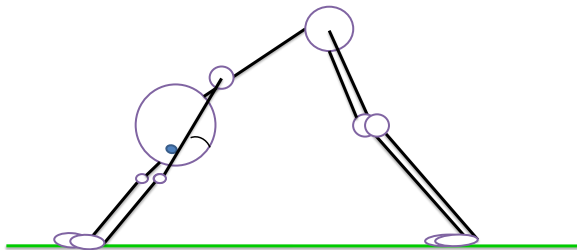
PYRAMID



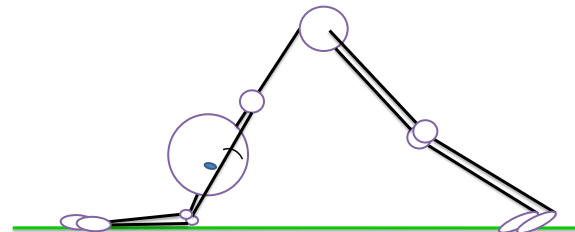
STANDING STRADDLE SPLITS



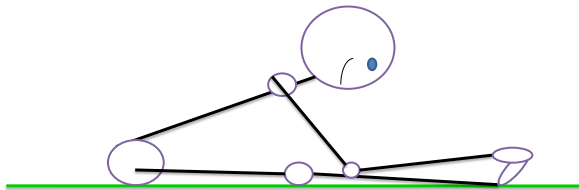
DOWNWARD DOG



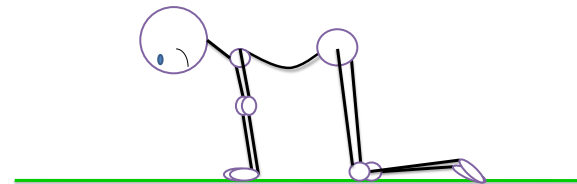
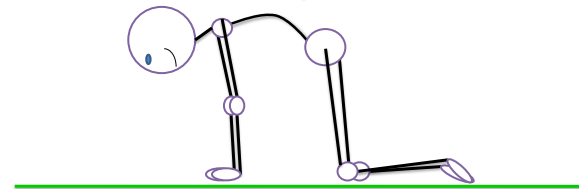
DOLPHIN



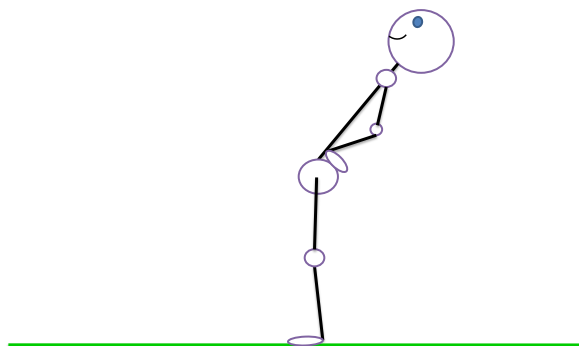
RIVER



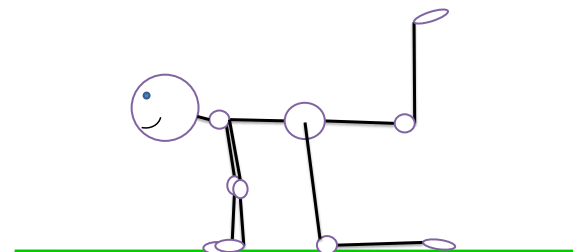
COW/CAT



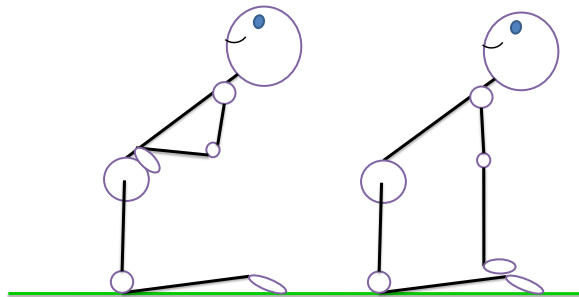
STANDING BACK BEND



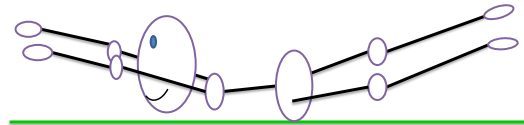
SUNBIRD



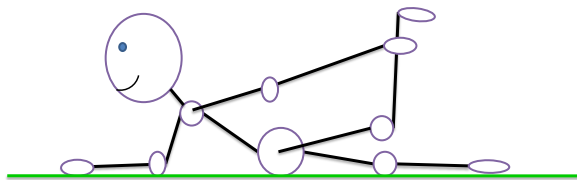
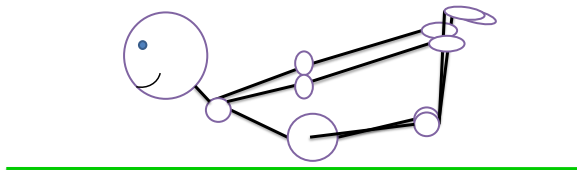
CAMEL



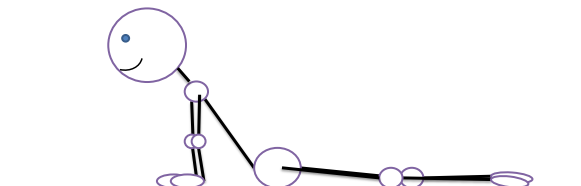
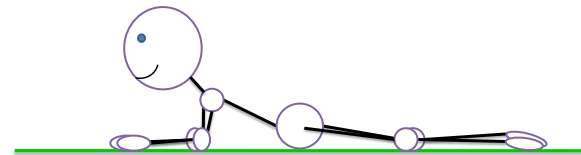
SUPERMAN



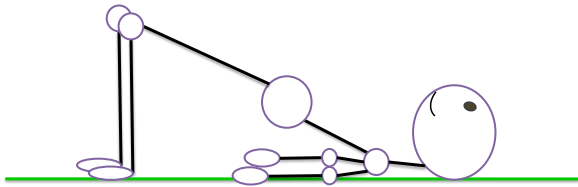
BOW and 1/2 BOW



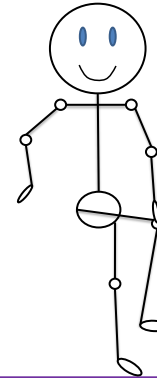
COBRA



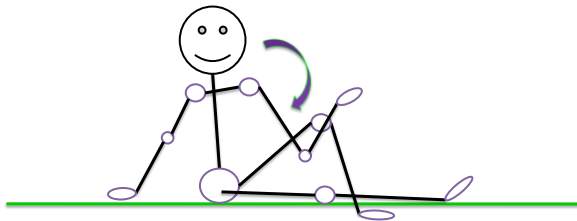
BRIDGE



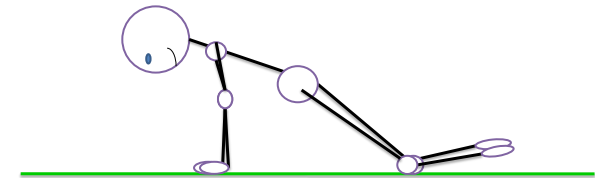
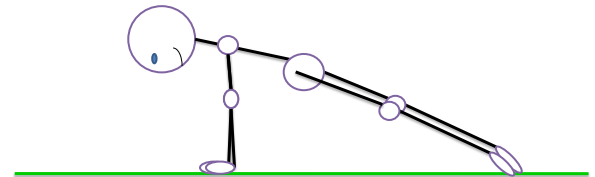
LYING DOWN SPINAL TWIST



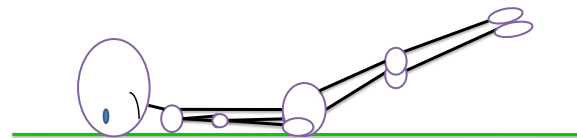
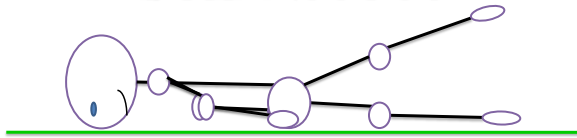
SEATED TWIST



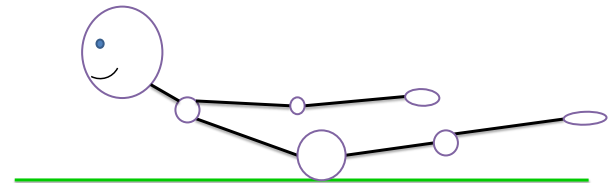
PLANK



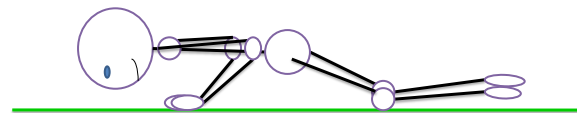
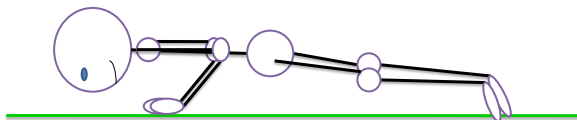
1/2 Locust and Full Locust



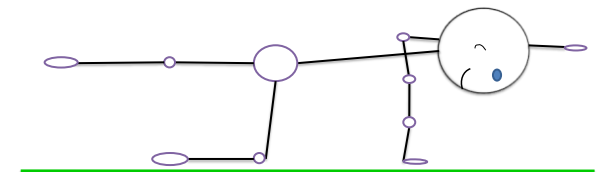
SHARK



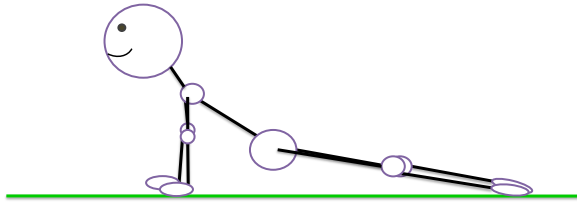
CROCODILE



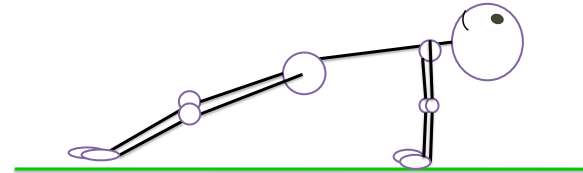
SPINAL BALANCE



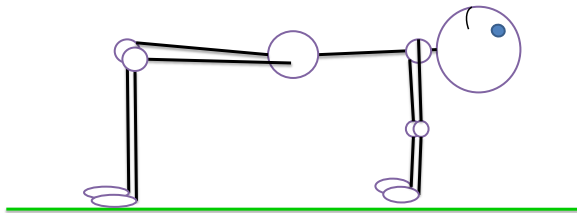
UPWARD DOG



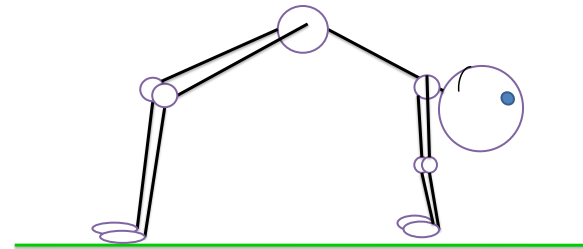
INCLINE PLANK



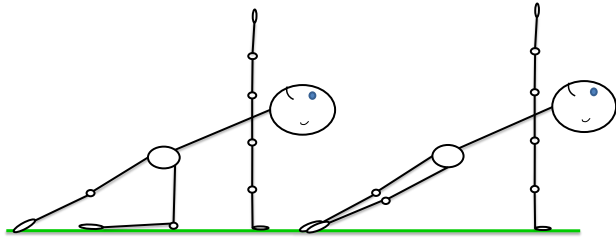
TABLETOP



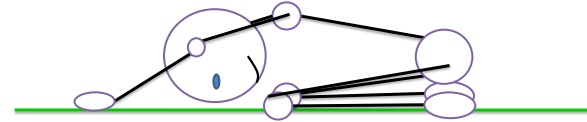
WHEEL



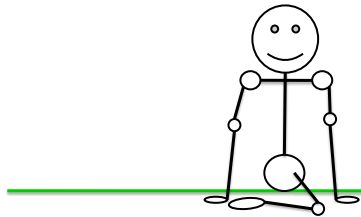
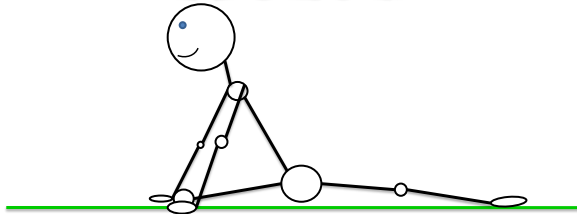
KNEELING SIDE PLANK



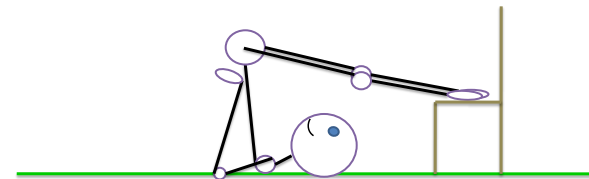
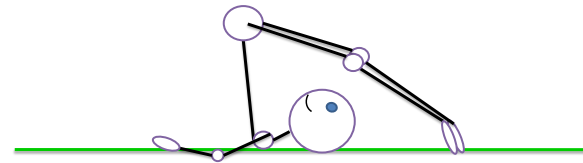
CHILD'S POSE



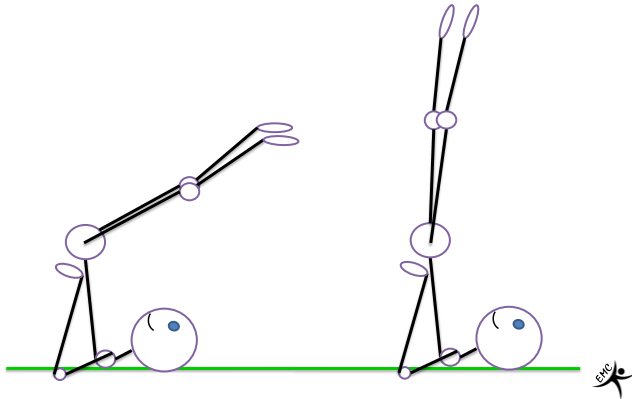
PIGEON



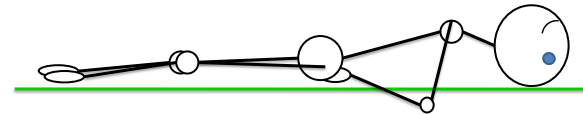
PLOUGH



SHOULDER STAND



FISH



BUTTERFLY

