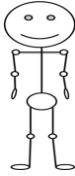


Dice Craze

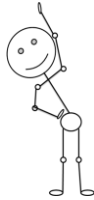
Balance and Strength Poses

Mountain



1

Standing Lateral Flexion



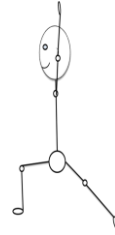
2

Chair



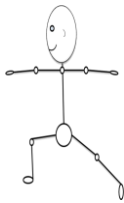
3

Warrior I



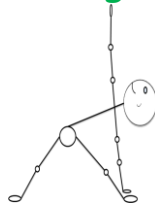
4

Warrior II



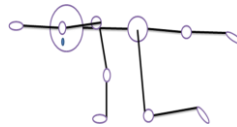
5

Triangle



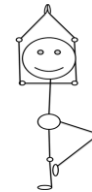
6

Spinal Balance



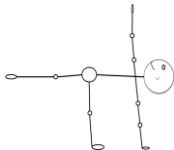
7

Tree



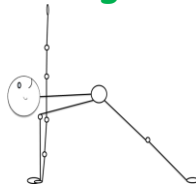
8

Balancing Half Moon



9

Extended Angle



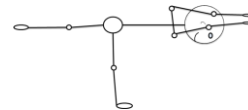
10

Reverse Warrior



11

Warrior III



12