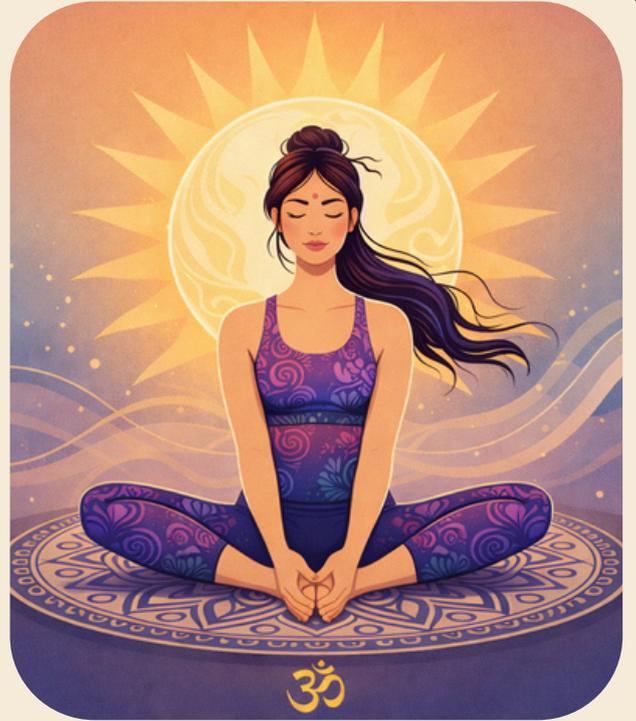
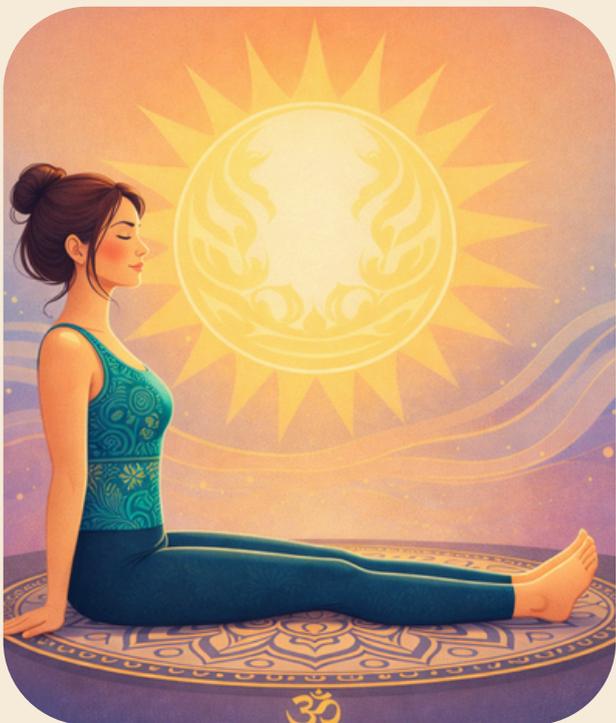


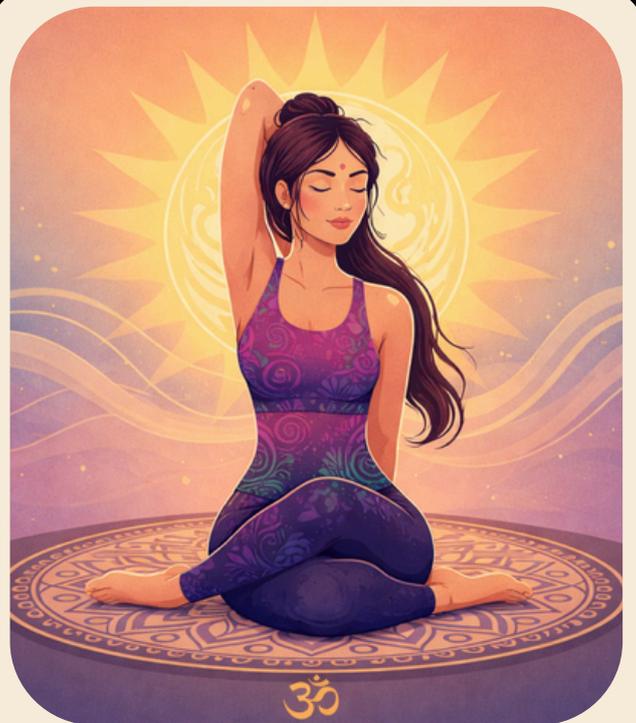
**Lotus Pose**  
Padmasana



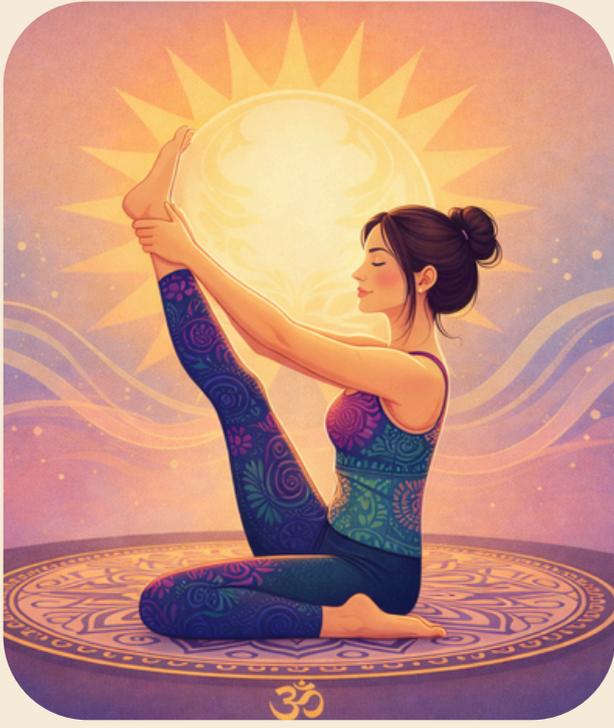
**Bound Angle Pose**  
Baddha Konasana



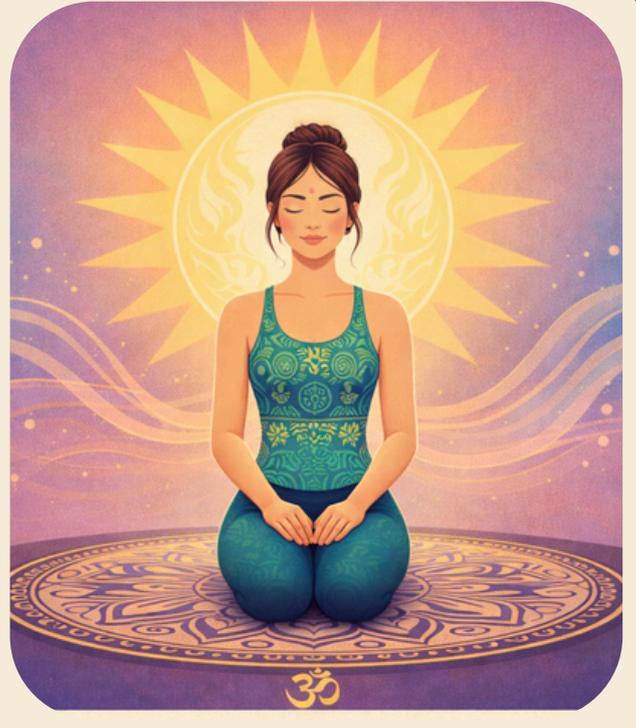
**Staff Pose**  
Dandasana



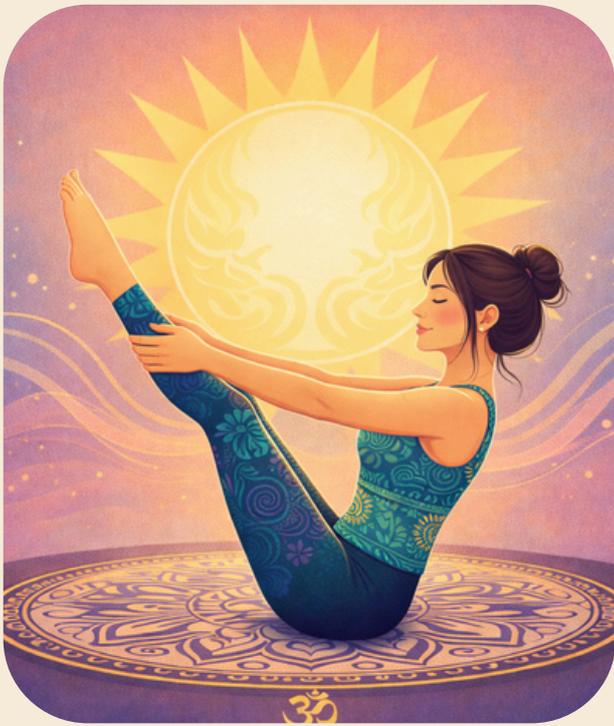
**Cow Face Pose**  
Gomukhasana



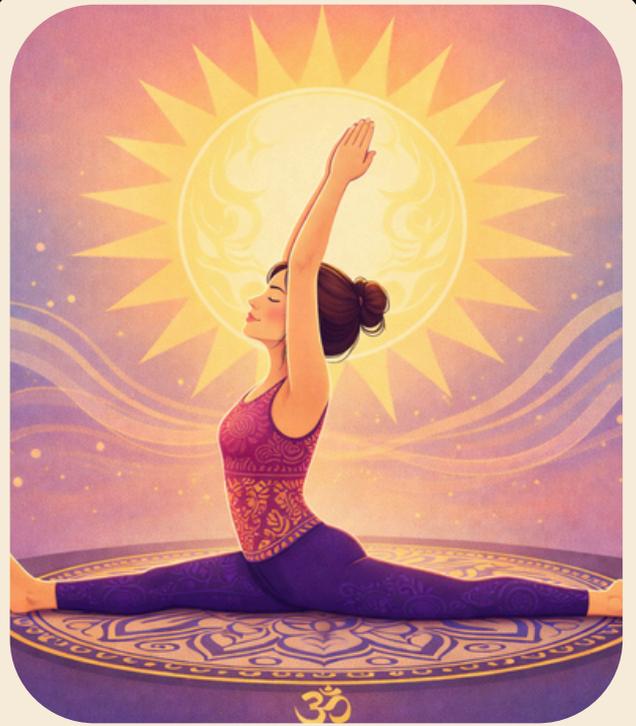
**Heron Pose**  
Krounchasana



**Diamond Pose**  
Vajrasana



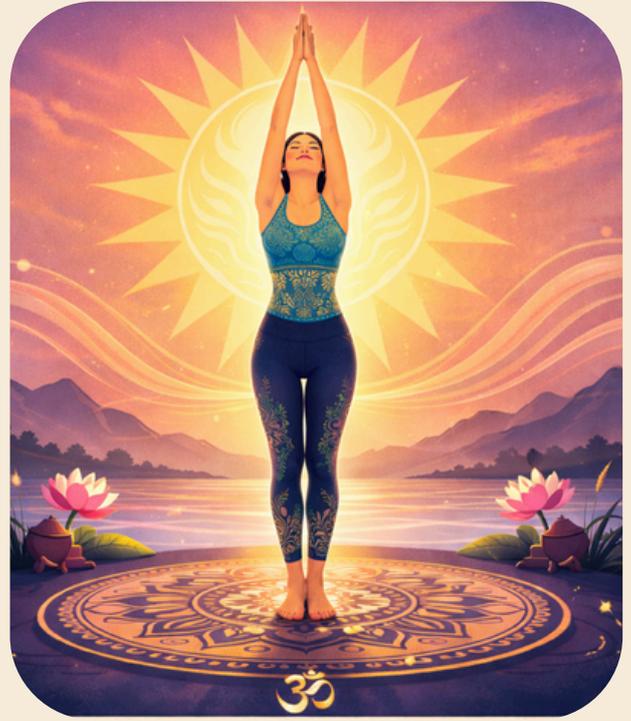
**Boat Pose**  
Navasana



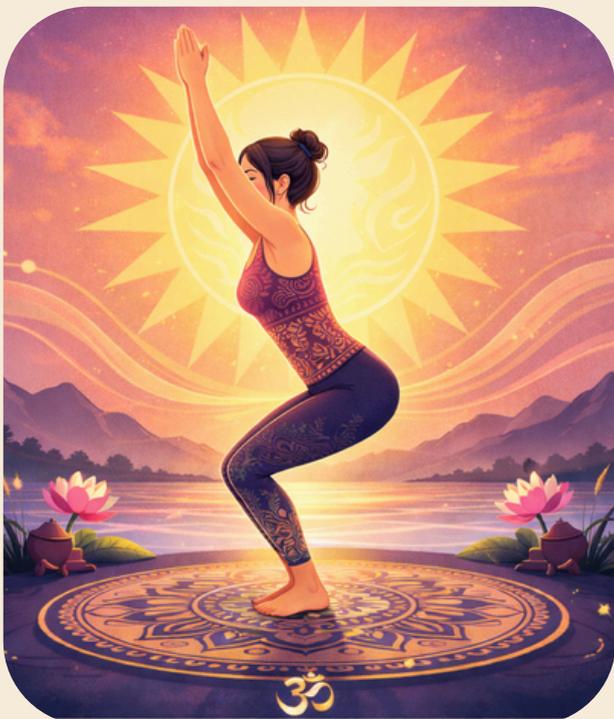
**Monkey Pose**  
Hanumanasana



**Triangle Pose**  
Utthita Trikonasana



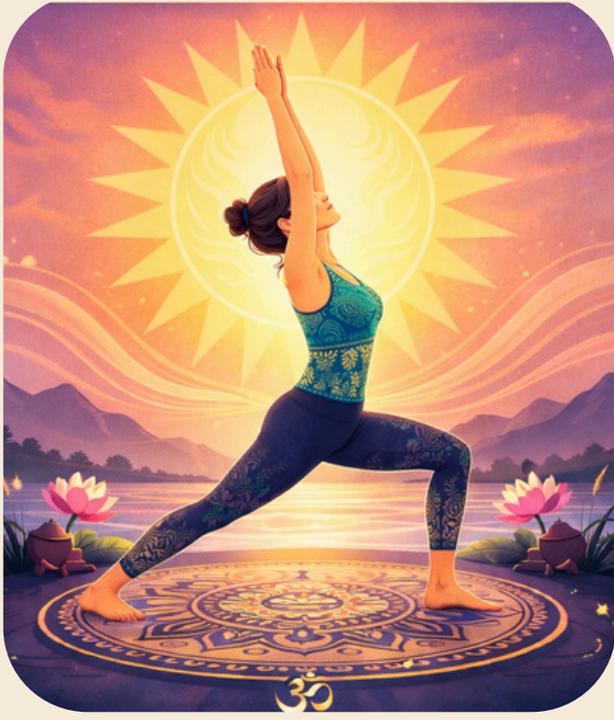
**Upward Salute**  
Urdhva Hastasana



**Chair Pose**  
Utkatasana



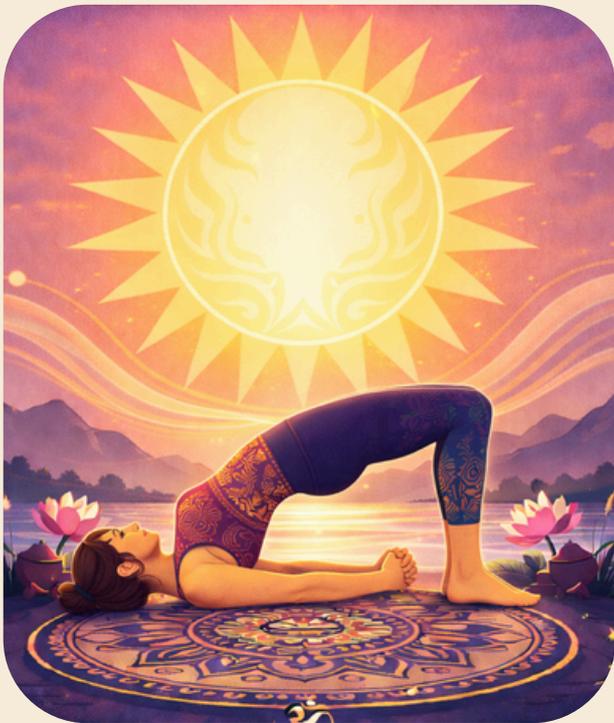
**Mountain Pose**  
Tadasana/Samasthiti



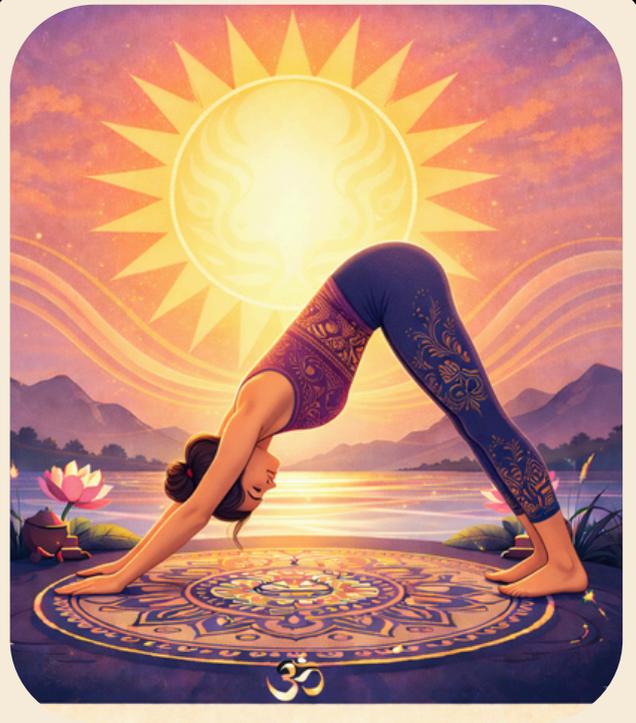
**Warrior 1**  
Virabhadrasana I



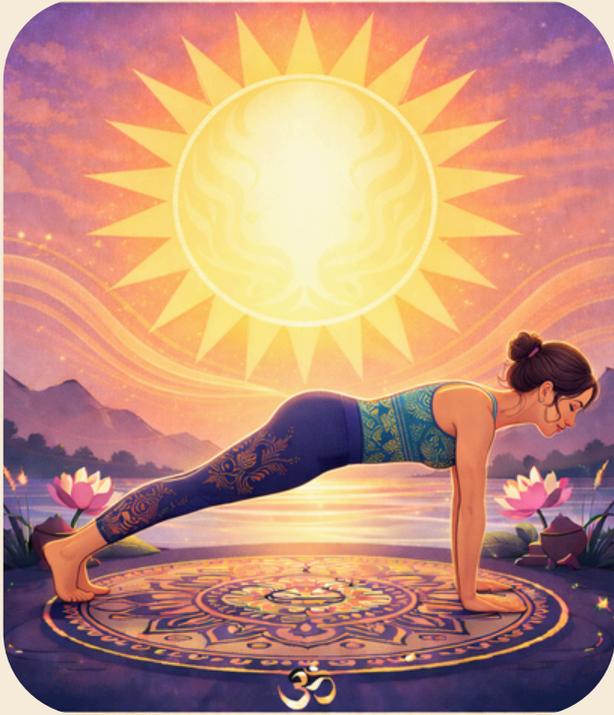
**Standing Forward Pose**  
Uttanasana



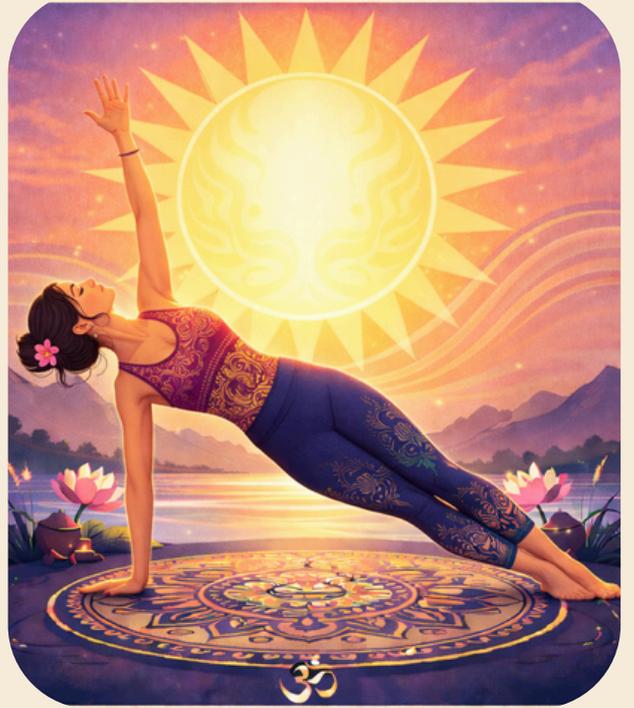
**Bridge Pose**  
Sethu Bandha  
Sarvangasana



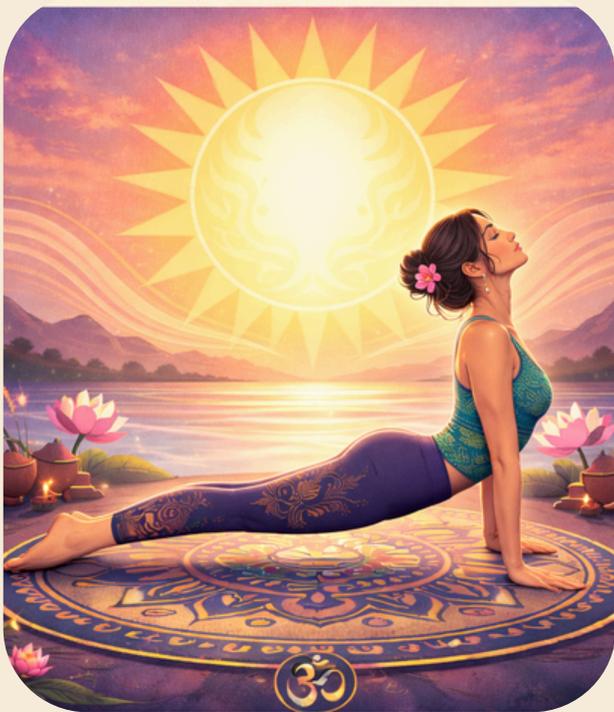
**Downward Facing  
Dog Pose**  
Adho Mukha Svanasana



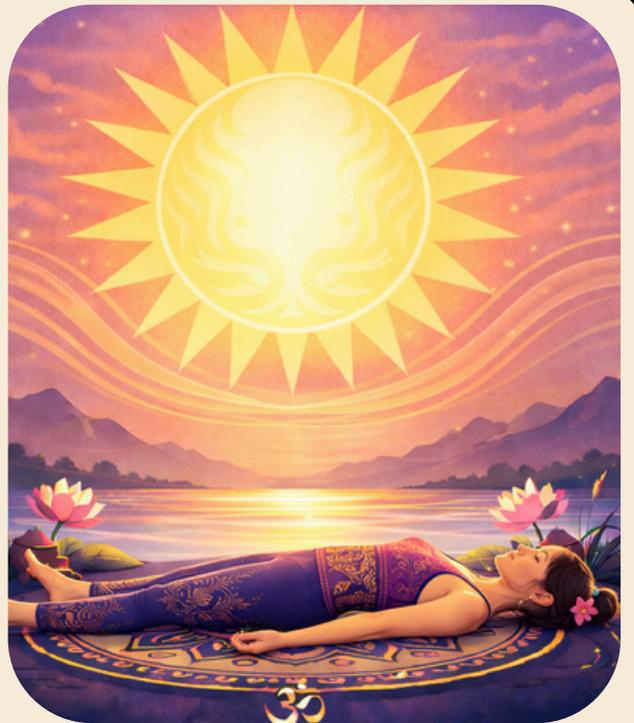
**Plank Pose**  
Kumbhakasana



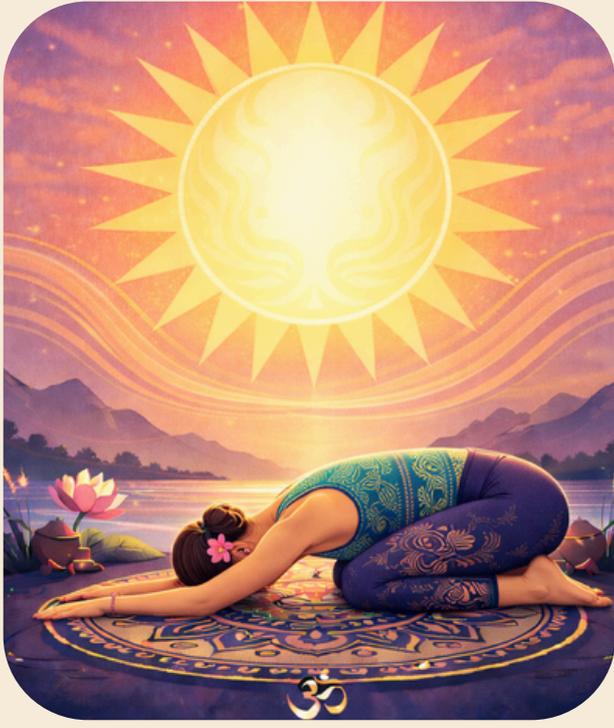
**Side Plank Pose**  
Vasisthasana



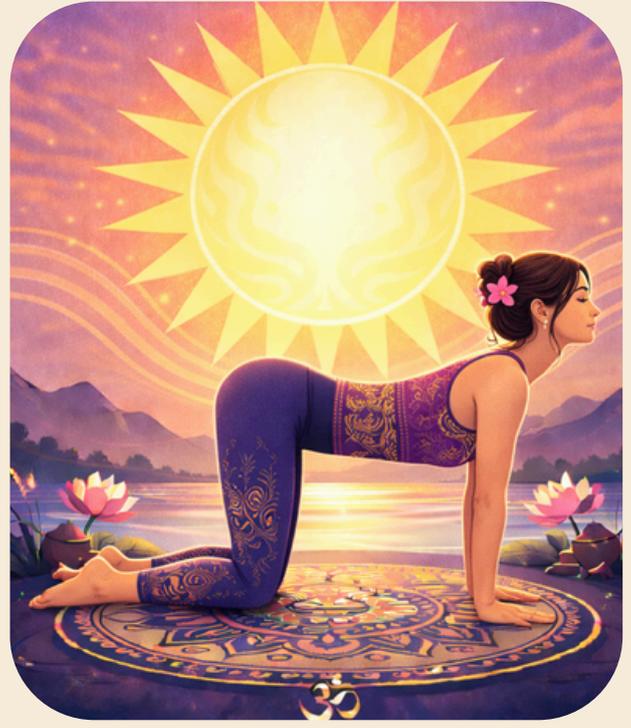
**Upward Facing  
Dog Pose**  
Urdhva Mukha Svanasana



**Corpse Pose**  
Shavasana



**Child Pose**  
Balasana



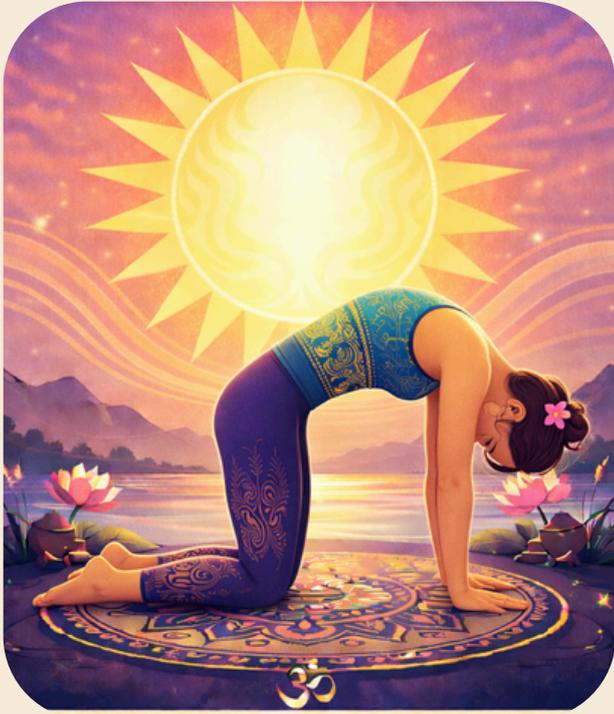
**Table Pose**  
Bharmanasana



**Garland Pose**  
Malasana



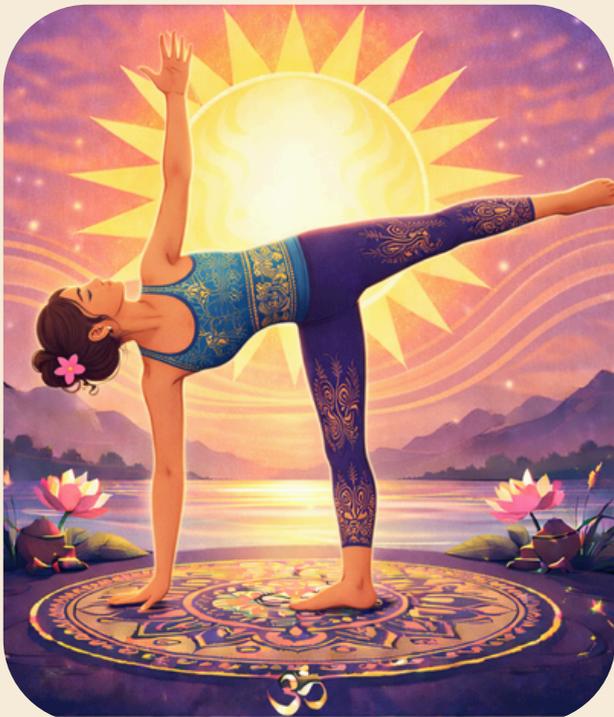
**Cow Pose**  
Bitilasana



**Cat Pose**  
Marjariasana



**Camel Pose**  
Ustrasana



**Half Moon Pose**  
Ardha Chandrasana



**Bow Pose**  
Dhanurasana