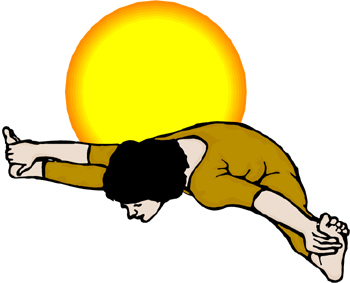
FORWARD BEND



FORWARD BEND

(WITH LEGS APART)

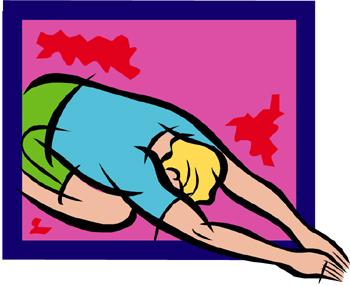


STANDING FORWARD BEND

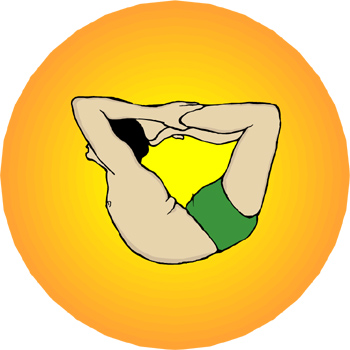


Child Pose

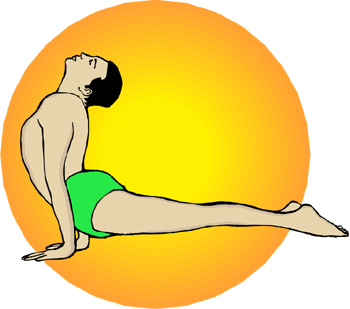
CHILD POSE



BOW POSE



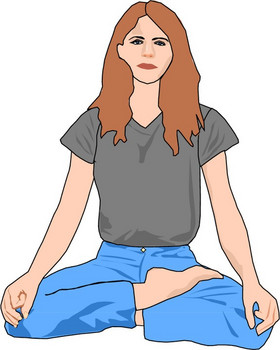
COBRA POSE



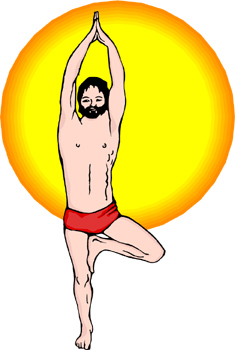
DOWNWARD DOG



EASY POSE



TREE POSE



STANDING KNEE-TO-CHEST POSE

