



Utkatasana with Anjali Mudra Twist  
Chair with Prayer Twist



Malasana  
Squat



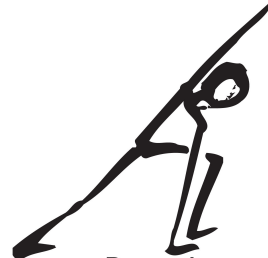
Bakasana  
Crane/Crow



Utthita Trikonasana  
Extended Triangle



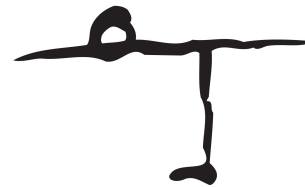
Utthita Parsvakonasana  
Extended Side Angle



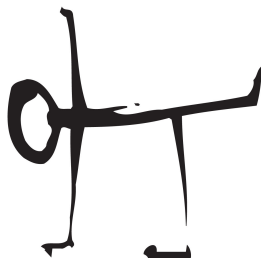
Parivrtta Parsvakonasana  
Revolved Side Angle



Parsvottanasana  
Intense Hamstring Stretch



Virabhadrasana III  
Warrior III



Ardha Chandrasana  
Half Moon



Vrksasana  
Tree