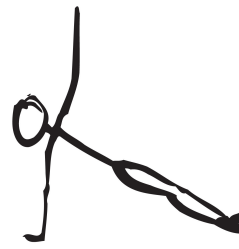




Eka Pada Uttanasana
Standing Splits



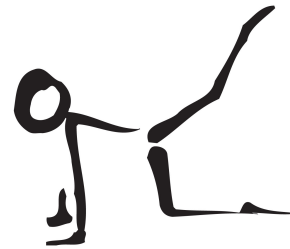
Vasisthasana
Side Plank



Bitilasana
Cow



Marjaryasana
Cat



Bhagerasana
Tiger



Sleeping Pigeon



Eka Pada Rajakapotasana
One-Legged King Pigeon



Kapotasana
King Pigeon



Marichyasana III
Marichi's Pose III



Ardha Matsyendrasana
Half Lord of the Fishes