



1. Reverse Pigeon Pose



2. Revolved Eye Of The Needle
Pose Variation II



3. Reverse Pigeon Pose



4. Revolved Eye Of The Needle
Pose Variation II



5. Happy Baby Pose



6. Cat Cow Pose



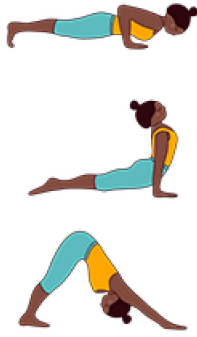
7. Downward Facing Dog Pose



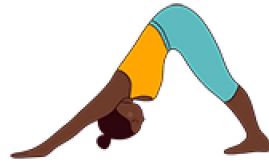
8. Three Legged Downward Facing
Dog Pose



9. Three Legged Downward Facing
Dog Pose Variation Stacked



10. Flow I



11. Downward Facing Dog Pose



12. Three Legged Downward Facing Dog Pose



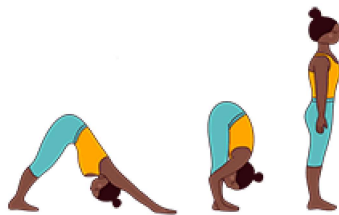
13. Three Legged Downward Facing Dog Pose Variation Stacked



14. Standing Forward Fold Pose



15. Standing Yoga Seal Pose



16. Downward Facing Dog Pose Mountain Pose Flow



17. Warrior Pose II



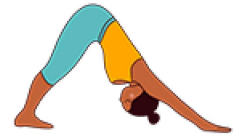
18. Pyramid Pose Arms Extended Forward



19. Low Lunge Hands To Knee



20. Half Splits Pose



21. Table Top Pose Downward Facing Dog Pose Flow



22. Warrior Pose II



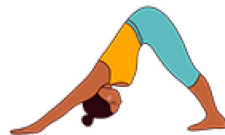
23. Pyramid Pose Arms Extended Forward



24. Low Lunge Hands To Knee



25. Half Splits Pose



26. Table Top Pose Downward Facing Dog Pose Flow



27. Warrior Pose I



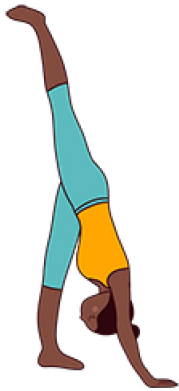
28. Warrior Pose II



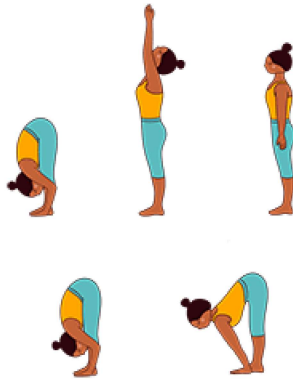
29. Reverse Warrior Pose



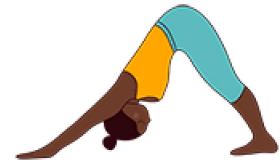
30. Warrior Pose III



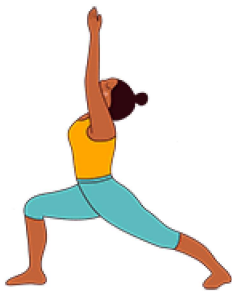
31. Standing Split Pose



32. Sun Salutation Variation
Forward Fold



33. Downward Facing Dog Pose



34. Warrior Pose I



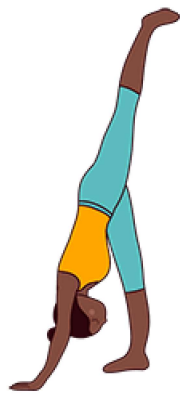
35. Warrior Pose II



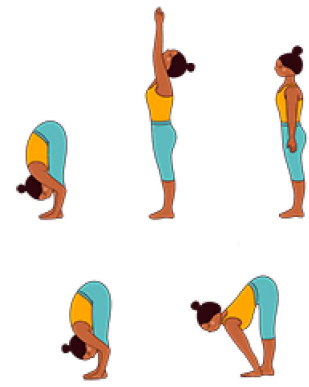
36. Reverse Warrior Pose



37. Warrior Pose III



38. Standing Split Pose



39. Sun Salutation Variation
Forward Fold



40. Downward Facing Dog Pose



41. Warrior Pose II



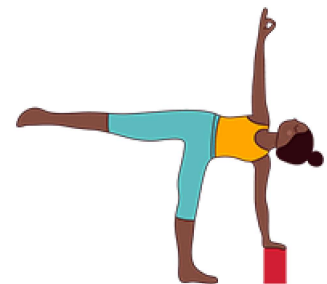
42. Reverse Warrior Pose



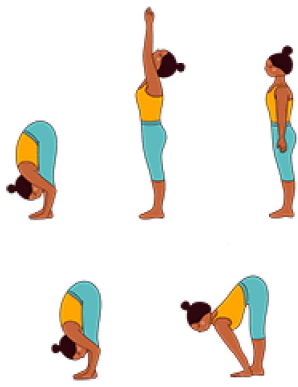
43. Extended Side Angle Pose
Variation Elbow Arm



44. Triangle Pose



45. Half Moon Pose Block Mudra



46. Sun Salutation Variation
Forward Fold



47. Warrior Pose II



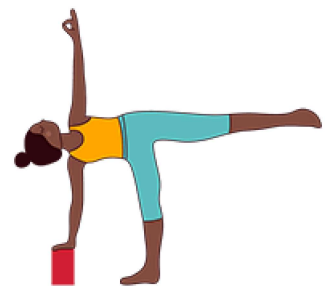
48. Reverse Warrior Pose



49. Extended Side Angle Pose
Variation Elbow Arm



50. Triangle Pose



51. Half Moon Pose Block Mudra



52. Dancer Pose



53. Dancer Pose



54. Half Pigeon Pose



55. Sleeping Swan Pose



56. Half Pigeon Pose



57. Sleeping Swan Pose



58. Garland Pose Variation



59. Intense Leg Stretch Pose D



60. Reclined Hero Pose Strap Bolster



61. Reclined Cow Face Pose



62. Reclined Cow Face Pose



63. Supine Spinal Twist Pose II



64. Supine Spinal Twist Pose II



65. Corpse Pose Variation Bolster