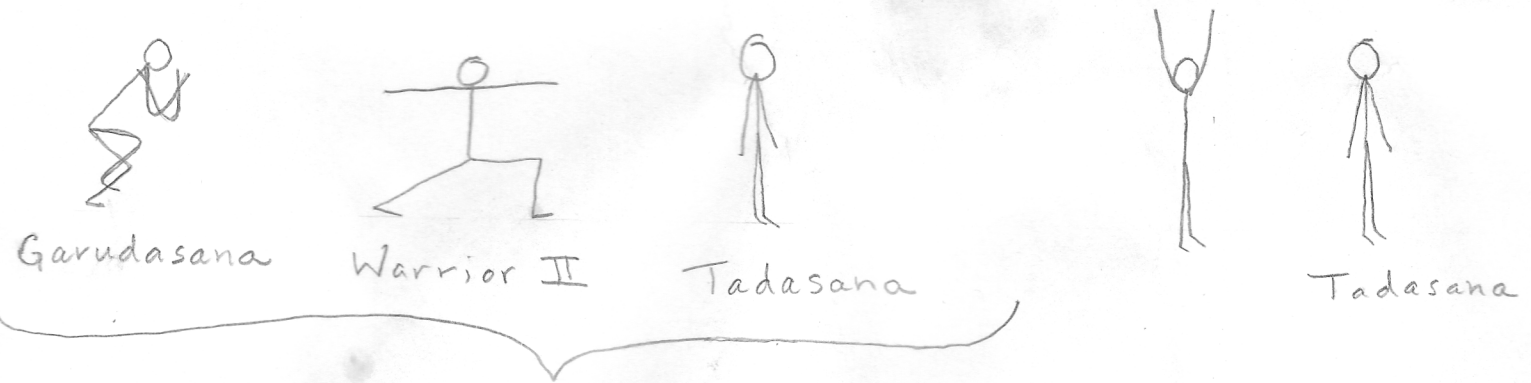


Tadasana

Utkatasana

Repeat, other leg



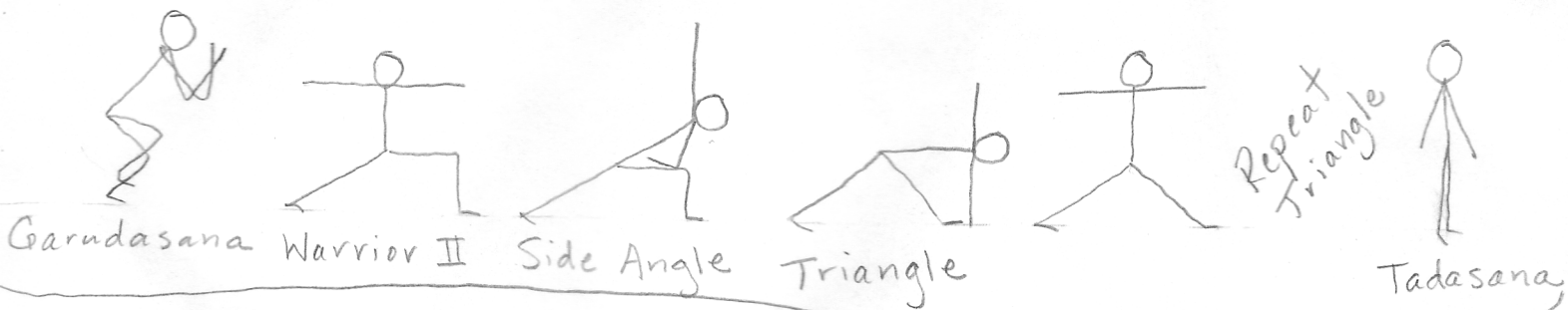
Garudasana

Warrior II

Tadasana

Tadasana

Repeat, other side



Garudasana

Warrior II

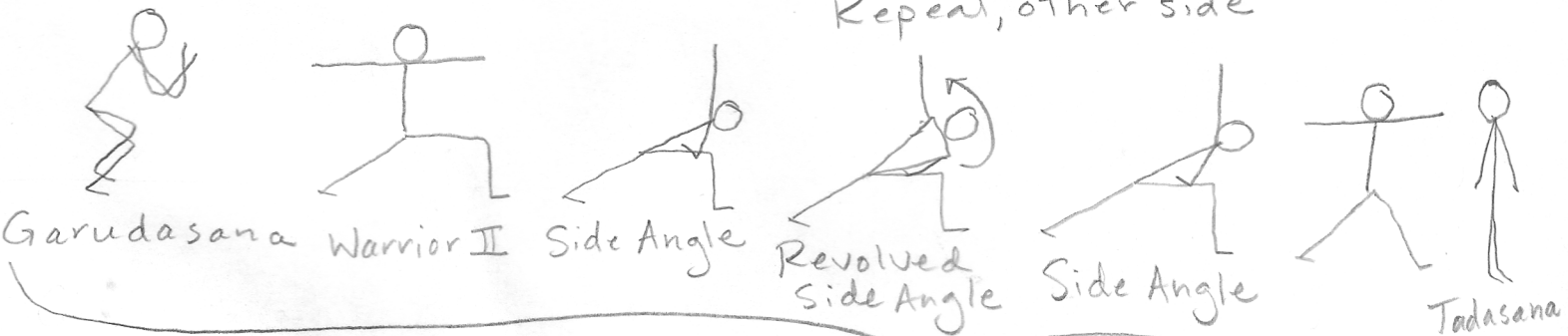
Side Angle

Triangle

Repeat Triangle

Tadasana

Repeat, other side



Garudasana

Warrior II

Side Angle

Revolved Side Angle

Side Angle

Tadasana

Repeat, other side



Tadasana

Uttanasana

Down dog

Childs Pose

Namaste