














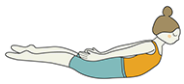





 <p>1. Cat Cow Pose</p>	 <p>2. Revolved Table Top Pose One Hand Raised</p>	 <p>3. Thread the Needle Pose</p>	 <p>4. Sun Salutation</p>	 <p>5. Standing Side Bend Pose Variation</p>
 <p>6. Hand to Big Toe Pose</p>	 <p>7. Downward Facing Dog Pose</p>	 <p>8. Garland Pose</p>	 <p>9. Extended Triangle Pose Block</p>	 <p>10. Downward Facing Hero Pose</p>
 <p>11. Seated Forward Bend Pose</p>	 <p>12. Butterfly Pose Variation Forward Bend</p>	 <p>13. Reverse Pigeon Pose</p>	 <p>14. Supine Spinal Twist Pose II</p>	 <p>15. Half Lord of the Fishes Pose</p>
 <p>16. Cobra Pose</p>	 <p>17. Locust Pose</p>	 <p>18. Camel Pose Variation 1</p>	 <p>19. Bridge Pose</p>	 <p>20. Wind Release Pose</p>
 <p>21. Corpse Pose</p>	 <p>22. Legs up the Wall Pose</p>			