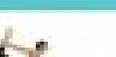




YOGA POSES

WARM-UPS				
 Cat-Cow Pose	 Child's Pose	 Downward Dog Pose	 Sphinx Pose	 Standing Forward Bend
STRETCHING				
 Warrior I Pose	 Warrior II Pose	 Triangle Pose	 Reclining Hero Pose	 Butterfly Pose
 Pigeon Pose	 Seated Spinal Twist	 Cobra Pose	 Supta Bhujangasana	
BALANCE				
 Mountain Pose	 Tree Pose	 Eagle Pose	 One-Legged Kingfisher Pose	 Warrior III Pose
 Half Moon Pose	 Dancer's Pose	 Crow Pose	 Handstand	 Standing Split Leap
STRENGTH				
 Mountain Pose	 Warrior II Pose	 Cobra Pose	 Warrior III Pose	 Supta Bhujangasana
 Warrior I Pose	 Handstand	 Triangle Pose	 Warrior II Pose	 Mountain Pose
CORE				
 Plank Pose	 Side Plank Pose	 Upward Dog Pose	 Downward Dog Pose	 Child's Pose
 Side Plank Pose	 Upward Dog Pose	 Downward Dog Pose	 Child's Pose	 Mountain Pose
 Side Plank Pose	 Upward Dog Pose	 Downward Dog Pose	 Child's Pose	 Mountain Pose
RESTORATION AND RELAXATION				
 Reclining Hero Pose	 Supta Bhujangasana	 Supta Bhujangasana	 Child's Pose	 Supta Bhujangasana
 Reclining Hero Pose	 Supta Bhujangasana	 Supta Bhujangasana	 Child's Pose	 Supta Bhujangasana

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