



Standing poses



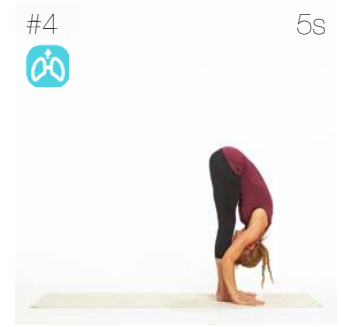
Upward Salute Pose



Standing Forward Bend Pose



Half Forward Bend Pose



Standing Forward Bend Pose



Low lunge Pose



Downward Facing Dog Pose



Downward Facing Dog Split Pose



Low lunge Pose



Warrior 1 Pose



Warrior 2 Pose



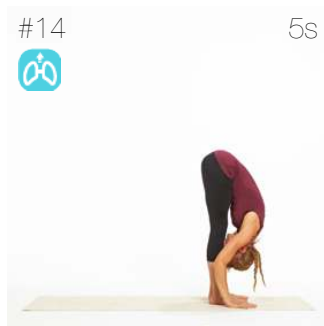
Proud Warrior



Warrior 2 Pose



Mountain Pose



Standing Forward Bend Pose



Low lunge Pose



Downward Facing Dog Pose



#17 5s
Downward Facing Dog Split Pose



#18 5s
Low lunge Pose



#19 5s
Warrior 1 Pose



#20 5s
Warrior 2 Pose



#21 5s
Mountain Pose



#22 5s
Standing Forward Bend Pose



#23 5s
Low lunge Pose



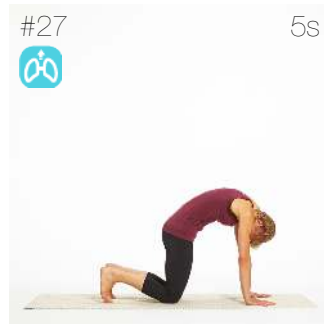
#24 5s
Downward Facing Dog Pose



#25 5s
Spinal Twist Pose



#26 5s
Table Top Pose



#27 5s
Cat Pose



#28 5s
Cow Pose



#29 5s
Downward Facing Dog Pose



#30 5s
High Plank Pose



#31 5s
Low Plank Pose



#32 5s
Upward Facing Dog Pose



Downward Facing Dog Pose



Downward Facing Dog Split Pose



One-legged King Pigeon Preperation Pose



One-legged Pigeon Pose Transition



One-legged Sleeping King Pigeon Pose



One-legged King Pigeon Preperation Pose



Downward Facing Dog Pose



Downward Facing Dog Split Pose



One-legged King Pigeon Preperation Pose



One-legged Pigeon Pose Transition



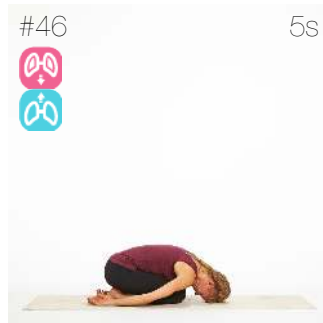
One-legged Sleeping King Pigeon Pose



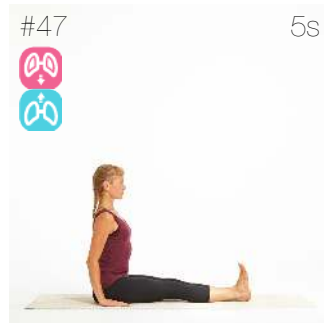
One-legged King Pigeon Preperation Pose



Downward Facing Dog Pose



Childs Pose



Staff Pose



Tall Seated Forward Bend Pose



Boat Pose



Corpse Pose