



big-toe



chair



dolphin



downward dog



eagle



extended hand
to toe



extended side angle



extended triangle



garland



gate



half moon



high lunge



high lunge crescent



intense side stretch



lord of the dance



low lunge



mountain



revolved side angle



revolved triangle



standing split



standing half
forward bend



boat



dolphin plank



locust



side plank



warrior



cobra



sphinx



camel

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