





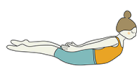

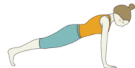














 <p>1. Jnana Mudra</p>	 <p>2. Bound Angle Pose Baddha Konasana</p>	 <p>3. Seated Neck Rolls</p>	 <p>4. Cat Cow Pose Bitilasana Marjaryasana</p>	 <p>5. Tiger Pose Vyaghrasana</p>	 <p>6. Child Pose Balasana</p>
 <p>7. Cobra Pose Bhujangasana</p>	 <p>8. Locust Pose Salabhasana</p>	 <p>9. Dolphin Pose Catur Svanasana</p>	 <p>10. Plank Pose Phalakasana</p>	 <p>11. Downward Facing Dog Pose Adho Mukha Svanasana</p>	 <p>12. Chair Pose Utkatasana</p>
 <p>13. Garland Pose Malasana</p>	 <p>14. Cycling Pose Pada Sanchalanasana</p>	 <p>15. Reverse Pigeon Pose Sucirandhrasana</p>	 <p>16. Wind Release Pose Pawanmuktasana</p>	 <p>17. Staff Pose Dandasana</p>	 <p>18. Seated Forward Bend Pose Paschimottanasana</p>
 <p>19. Mountain Pose Tadasana</p>	 <p>20. Upward Mountain Pose Namaste Hands Urdhva Namaskarasana</p>	 <p>21. Flamingo Pose</p>	 <p>22. Tree Pose Vrksasana</p>	 <p>23. Warrior Pose II Virabhadrasana II</p>	 <p>24. Standing Archer Pose Virabhadrasana Archer Arms</p>



25. Standing Forward Fold Pose
Uttanasana



26. Lion Pose
Simhasana



27. Supine Spinal Twist Pose II
Supta Matsyendrasana II



28. Happy Baby Pose
Ananda Balasana



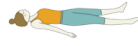
29. Bound Reclined Easy Pose
Baddha Supta Sukhasana



30. Reclining Bound Angle Pose
Supta Baddha Konasana



31. Fish Pose
Matsyasana



32. Corpse Pose
Savasana



33. Jnana Mudra