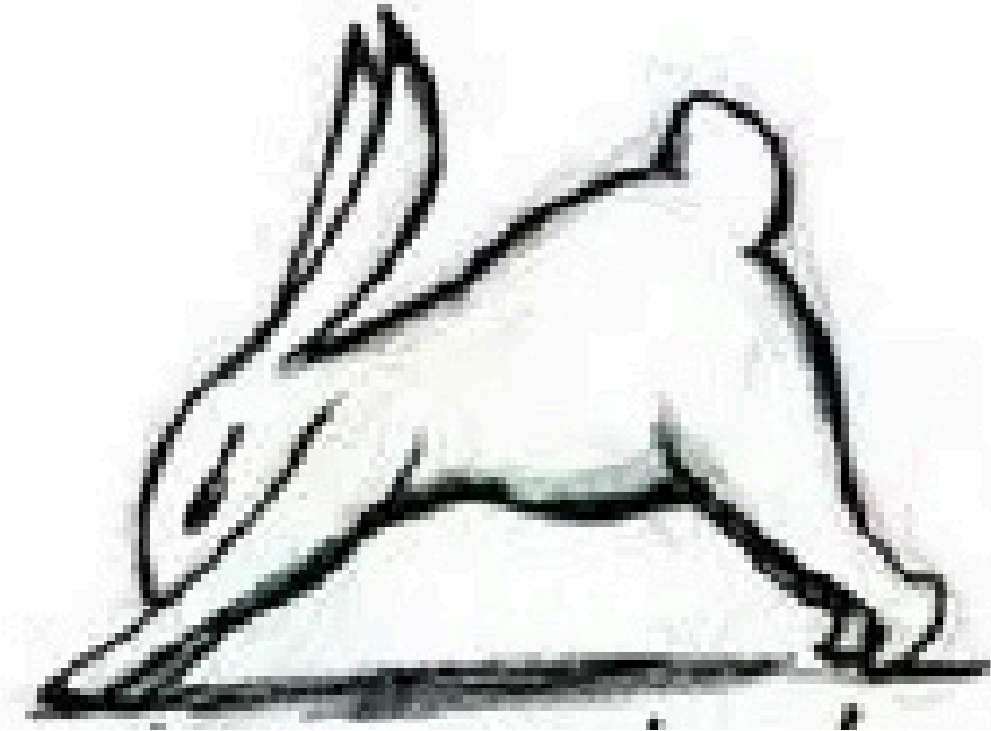
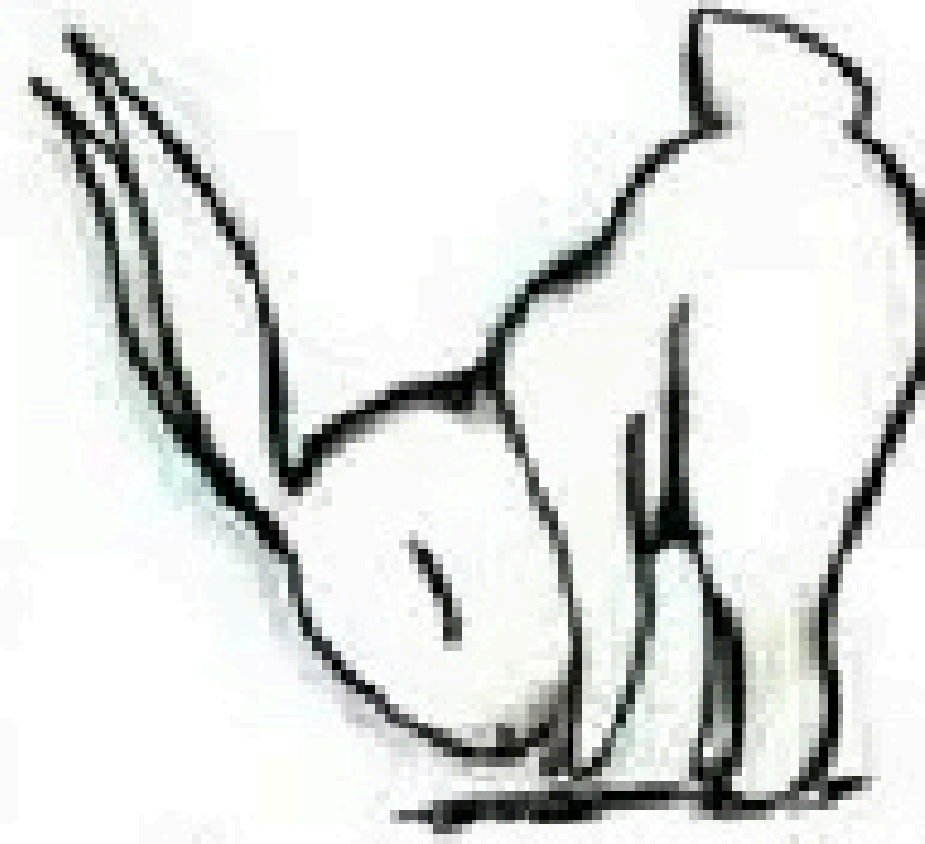




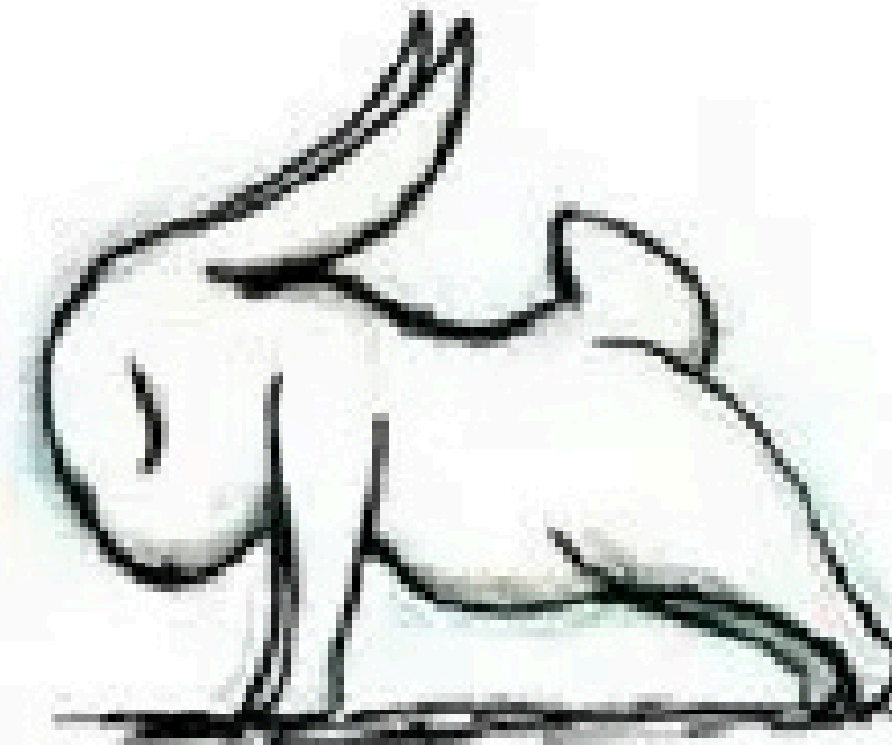
child's pose



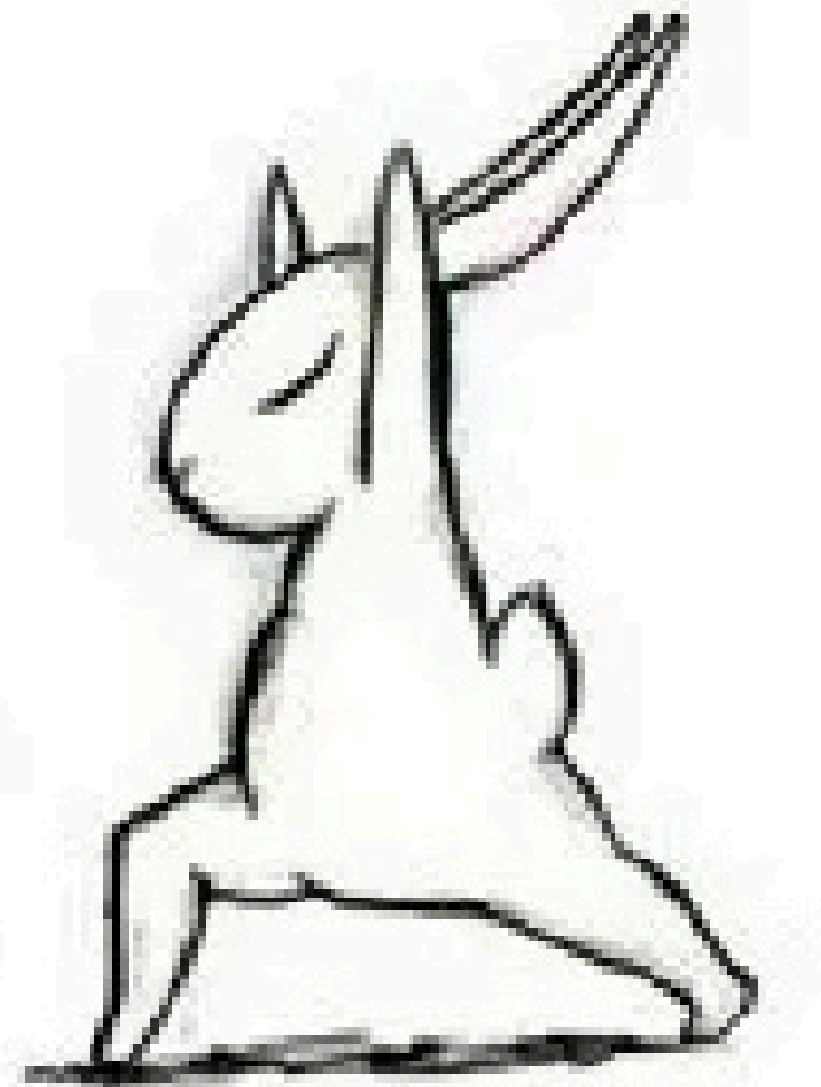
downward  
dog



forward  
fold



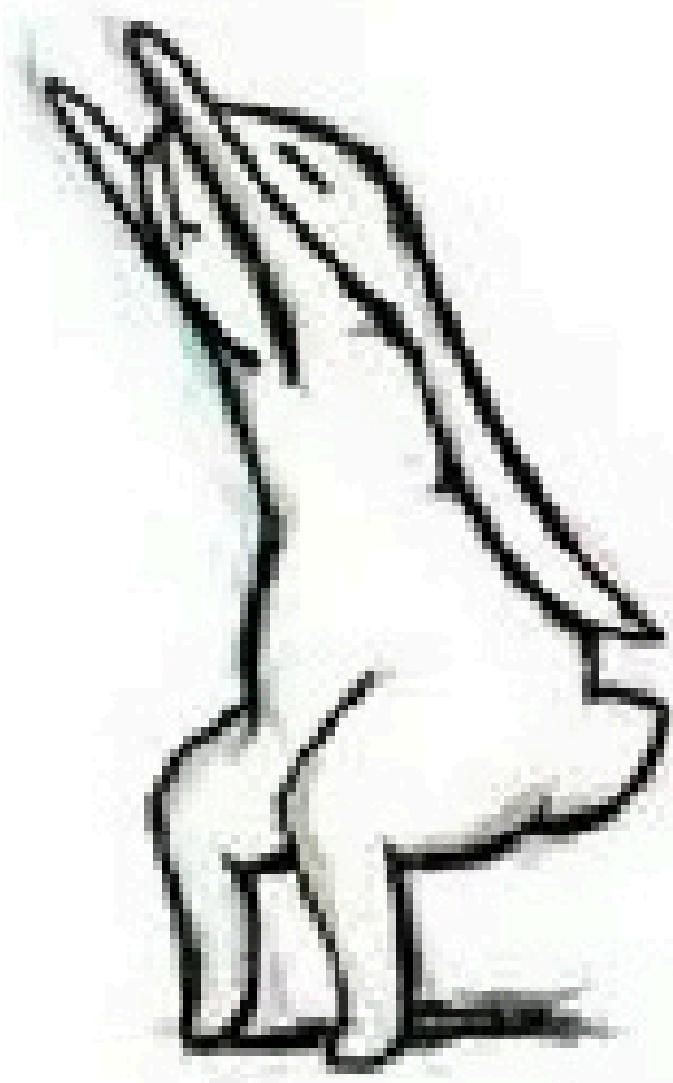
plank



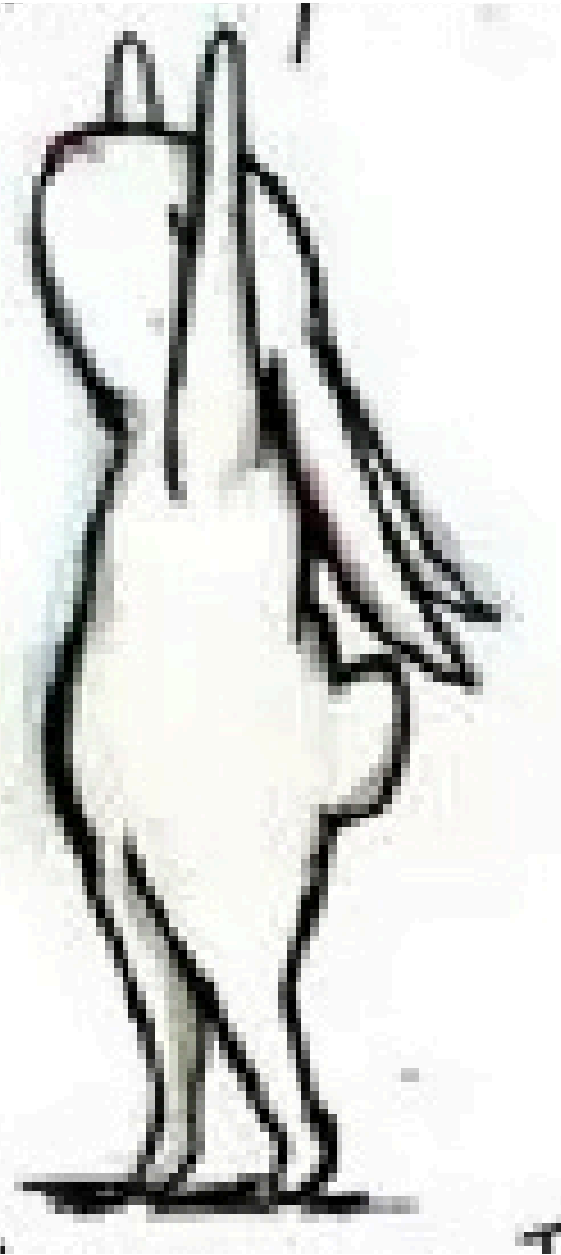
warrior 1



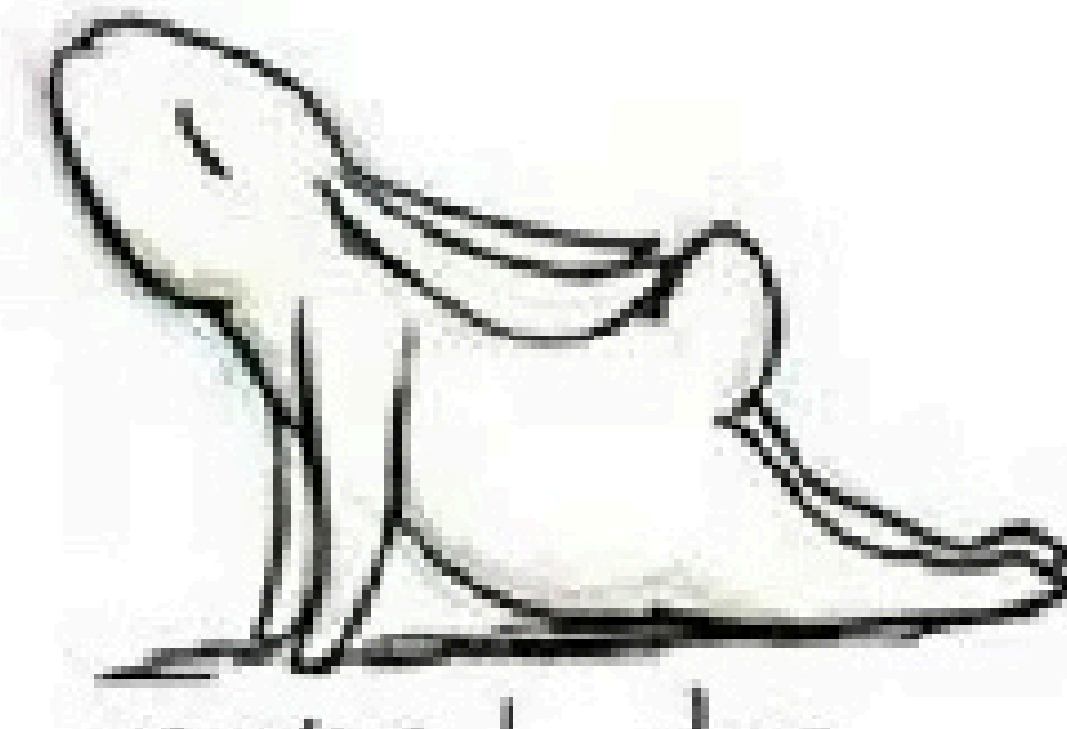
warrior 2



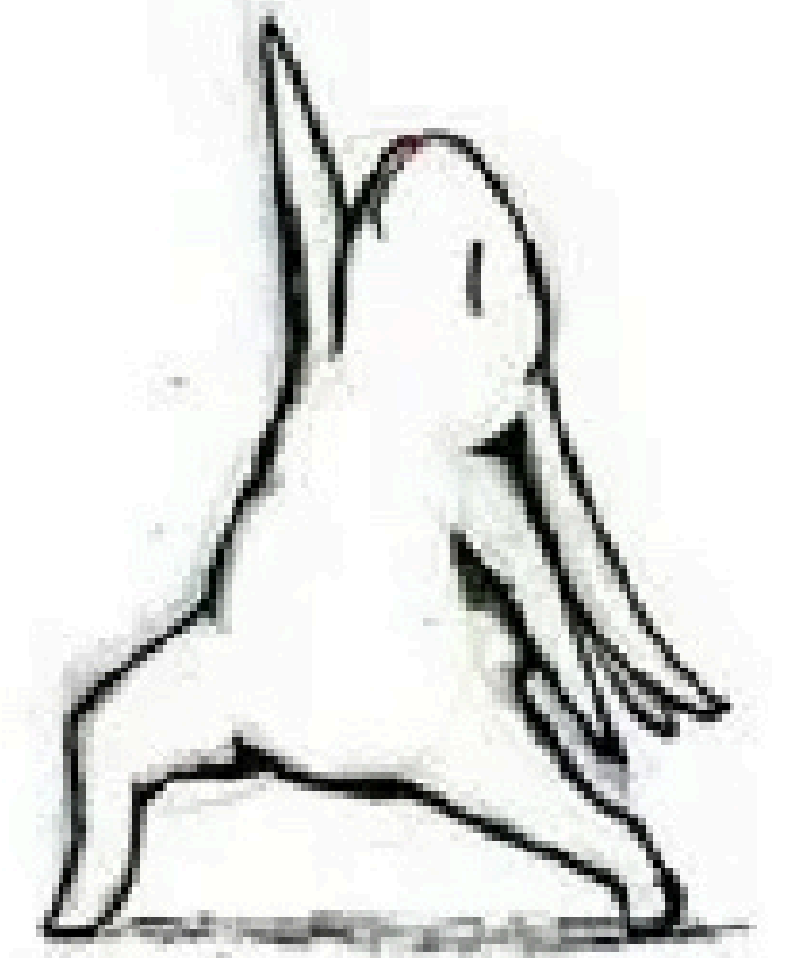
chair pose



mountain  
pose



upward  
dog



reverse  
warrior