

Mountain Pose

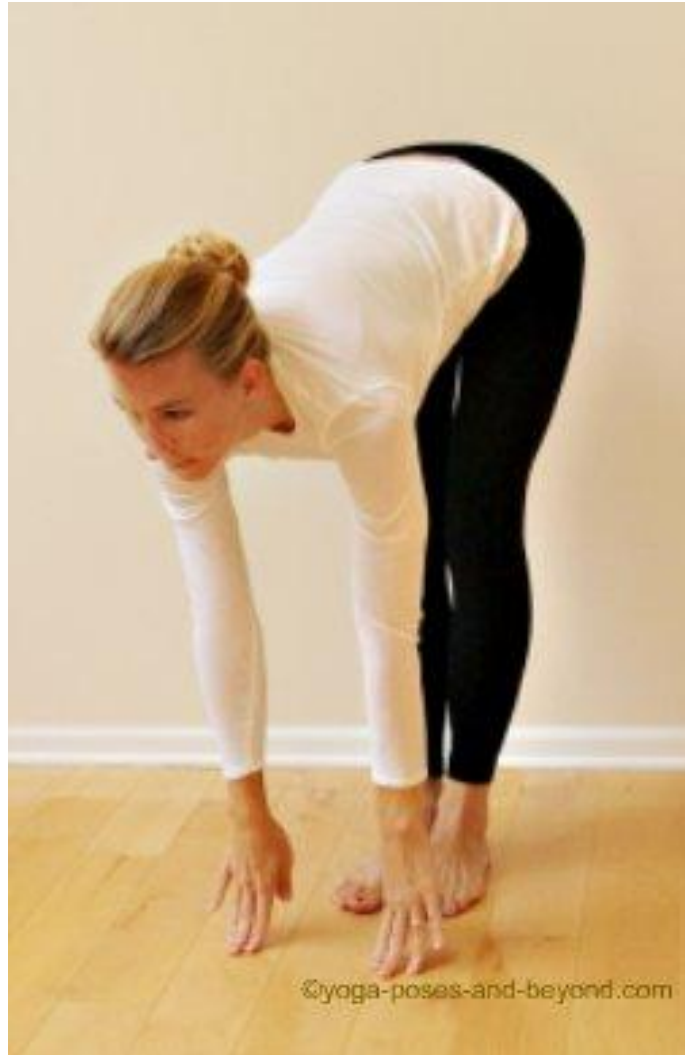


Revised July 2013

Forward Bend



Monkey Pose “ooo ooo”



Plank Pose



Cobra Pose

“Hiss”



Downward Dog

“Woof Woof”

