

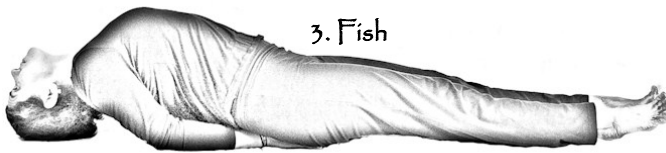
1. Shoulderstand



2. Plough



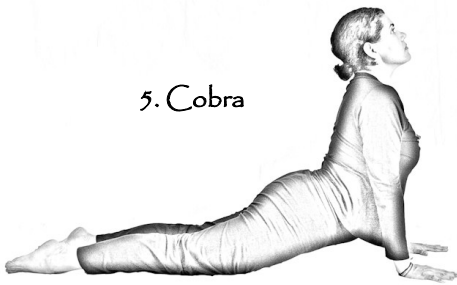
3. Fish



4. Forward Bend



5. Cobra

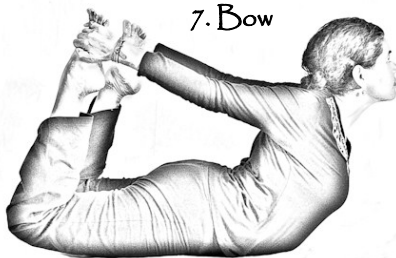


6. Locust



Basic
Beginners
Class

7. Bow



8. Spinal Twist



9. Standing Forward Bend



10. Triangle



11. Final Relaxation

