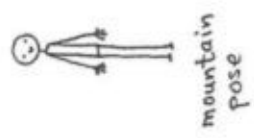
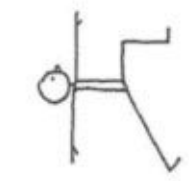


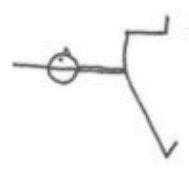
PRIMARY STANDING POSTURES



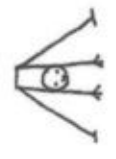
mountain pose



warrior 2



warrior 1



presentia padottasana



triangle



parsvottomasana



side angle



warrior 3



downward facing dog



half moon



utkatasana



forward fold