



MOUNTAIN POSE
12/1

RAISED ARMS POSE
11

RAISED ARMS POSE
2



HANDS TO FEET POSE
10



HANDS TO FEET POSE
3



FORWARD LUNGE POSE
9



FORWARD LUNGE POSE
4



DOWNWARD-FACING DOG POSE
8



DOWNWARD-FACING DOG POSE
5



COBRA POSE
7



EIGHT-POINT CONTACT WITH THE GROUND
6

SUN SALUTATION SEQUENCE