

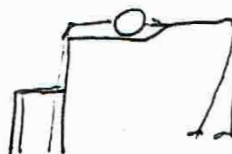
Poses that Center the Mind



Tadasana
Standing Mountain



Vrksasana
Tree



Ardha Uttanasana
Standing Back Stretch



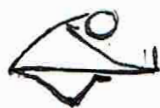
Uttanasana
Standing Forward Bend



Prasarita Pada Uttanasana
Wide Standing Forward Bend



Virasana
Hero Sit



Janu Shirshasana
1-Leg Sitting Forward Bend



Paschimata Uttanasana
Sitting Forward Bend



Adho Mukha Virasana
Child's Pose