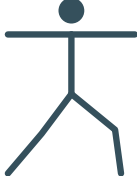


Yoga pose chart

 Mountain Tadasana	 Tree Vrksasana	 Chair Utkatasana	 Standing forward fold Uttanasana
 Warrior I Virabhadrasana I	 Warrior II Virabhadrasana II	 Triangle Trikonasana	 Low lunge Anjaneyasana
 Plank Phalakasana	 Downward-facing dog Adho Mukha Svanasana	 Cobra Bhujangasana	 Cat-cow (tabletop) Marjaryasana-Bitilasana
 Child's pose Balasana	 Seated forward fold Paschimottanasana	 Easy seated pose Sukhasana	 Boat Navasana
 Bridge Setu Bandhasana	 Corpse pose Savasana		