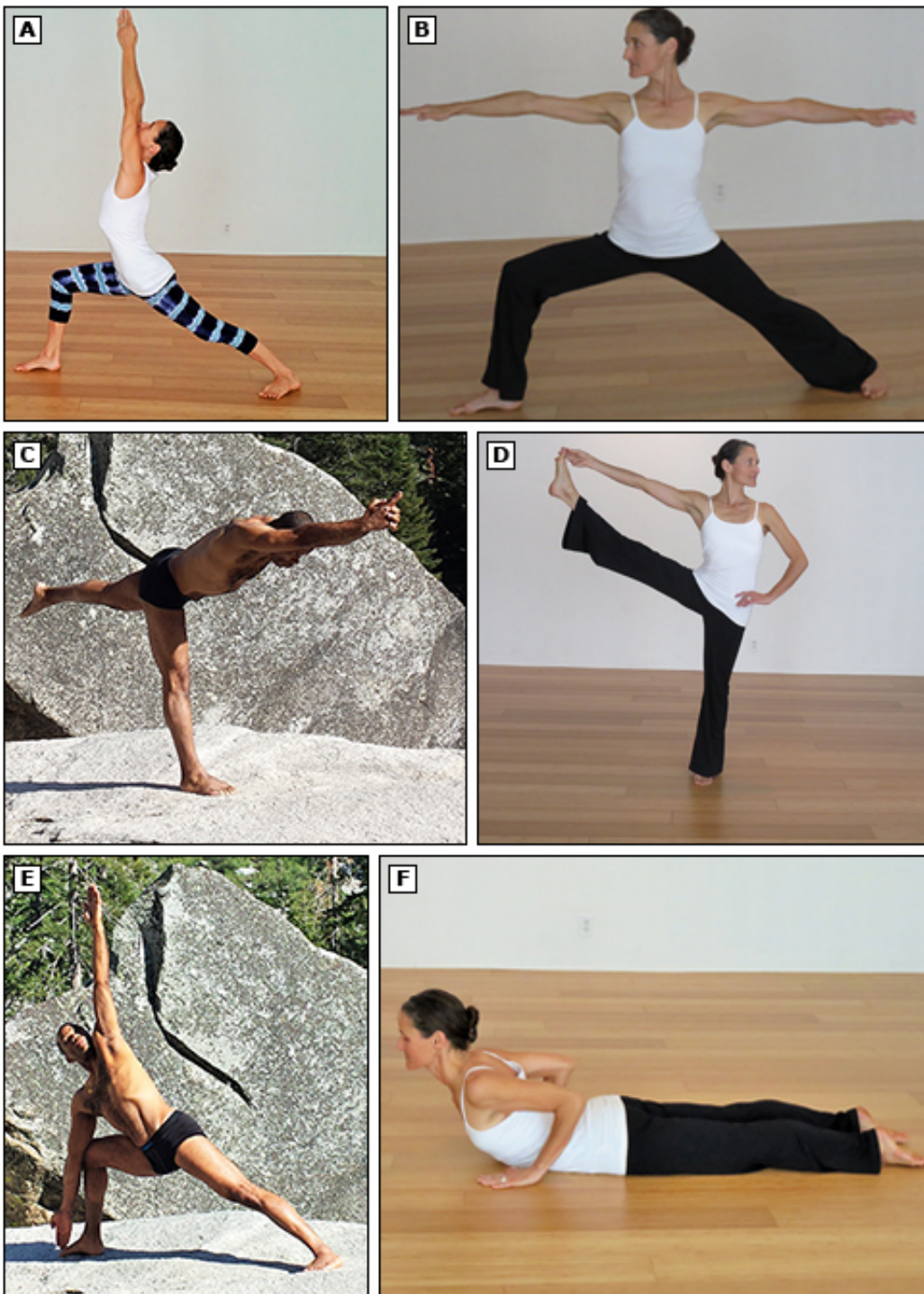


Basic yoga poses



- (A) Warrior 1 (Virabhadrasana 1).
- (B) Warrior 2 (Virabhadrasana 2).
- (C) Warrior 3 (Virabhadrasana 3).
- (D) Extended hand on the big toe (Utthita hasta padangustasana).
- (E) Triangle (Trikonasana).
- (F) Cobra (Bhujangasana)

Graphic 98025 Version 1.0