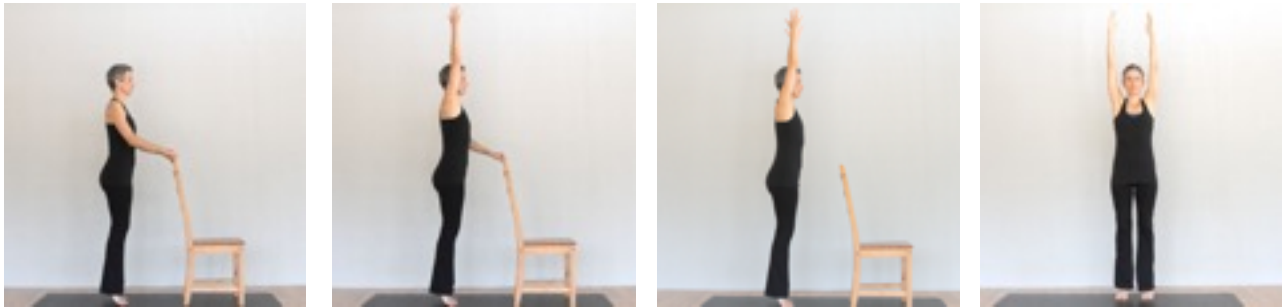


Balance Practice

Urdhva hastasana tip toes



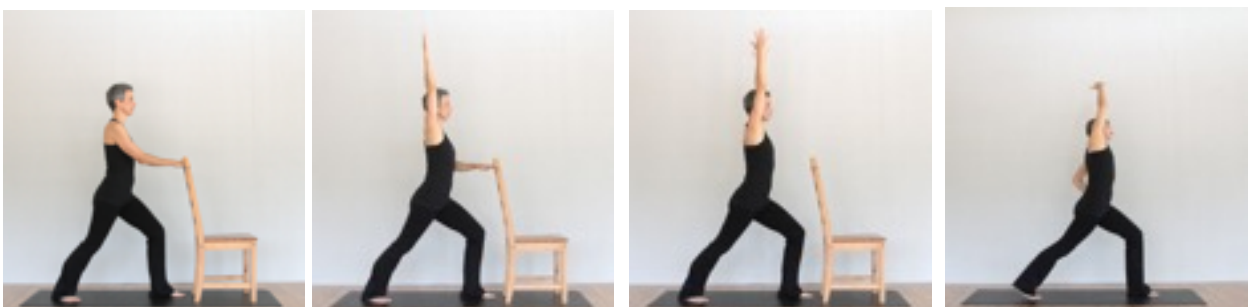
Vrksasana



Cat Balance



Virabhadrasana 1



Trikonasana



Virabhadrasana III



Kneeling Parsvakonasana

