

BOW POSE

Dhanurasana (don-your-AHS-anna)



BRIDGE POSE

Setu Bandha (SET-too-BAHN-dah)



MOUNTAIN POSE

Tadasana (Tah-da-saw-nah)



STAR POSE

Utthita Tadasana (OO-Tee-TAH-TAh-DAHS-nna)



CHAIR POSE

Utkatasana (OOT-kah-TAHS-anna)



LOTUS POSE

Padmasana (pahd-MAHS-uh-nuh)



CHILDS POSE

Balāsana (bah-LAHS-uh-nuh)



TRIANGLE POSE

Trikonasana (tree-koh-NAH-suh-nuh)



TREE POSE

Vrksasana (vrik-SHAHS-anna)



CAT POSE

Marjaryasana (mahr-jahr-ee-AUS-uh-nuh)



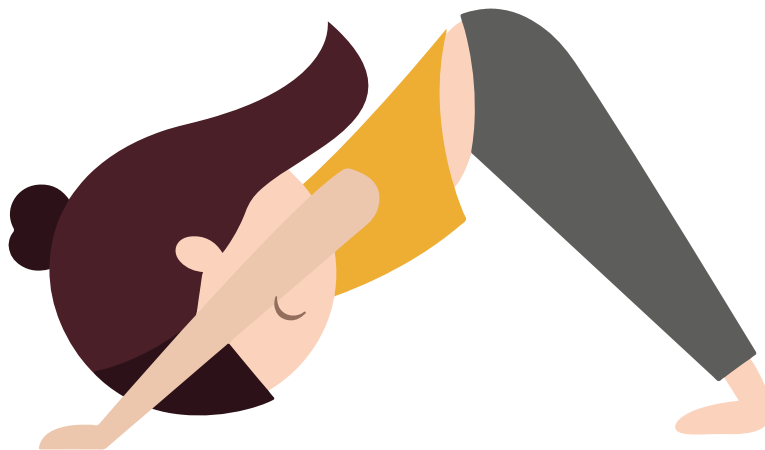
COW POSE

Bitilasana (bee-tee-LAHS-uh-nuh)



DOWNWARD FACING DOG

Adho Mukha Svanasana (AH-doh MOO-kah-shvah-NAHS-anna)



LIONS BREATH

Simhasana (sim-HAHS-anna)



WARRIOR I

Virabhadrasana I (veer-ah-bah-DRAHS-anna I)



WARRIOR II

Virabhadrasana II (veer-ah-bah-DRAHS-anna II)



EASY POSE

Sukhasana (soo-KAHS-uh-nuh)



NAMASTE

Saluation Seal

