

Mountain



Mountain with Arms Up



Standing Forward Bend



Halfway Lift



Standing Forward Bend



Plank



Cobra



Downward-Facing Dog



Halfway Lift



Standing Forward Bend



Mountain with Arms Up



Mountain



Mountain with Arms Up



Chair



Standing Forward Bend



Halfway Lift



Plank



Four Limbed Staff

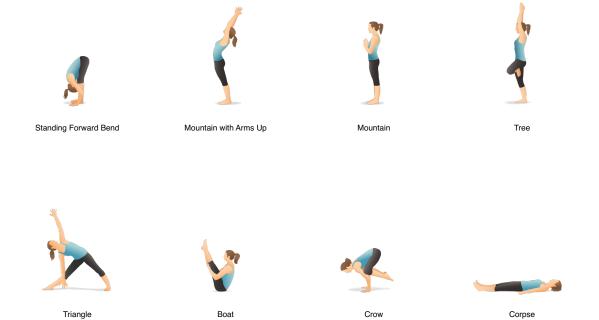
Schaedler Yoga

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Warrior II

Warrior I