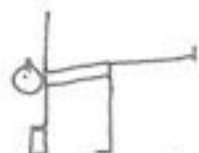


SOME PRIMARY BALANCING POSES



Vrksasana
Tree pose



ardha chandrasana
1/2 moon pose



virabhadrasana III
warrior III



parivrtta ardha
chandrasana ⊗
revolved 1/2 moon



balancing
squat



garudasana
eagle pose



or



uttitha hasta
padangustasana
hand-to-big-toe pose



or



variations...



or



⊗



vasistasana



balancing table



upward-facing
forward fold ⊗



konasana ⊗
angle pose

⊗ These ones are harder poses