

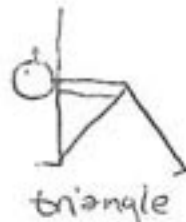
HIP OPENERS



warrior 2



side angle



triangle



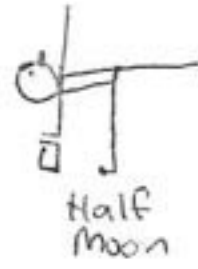
parsvotanasana



warrior 1



reverse triangle



Half Moon



"Horse" pose



baddha konasana



upavista konasana



twisting variation



reverse variation



pigeon



holding feet



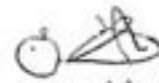
supta padangustasana



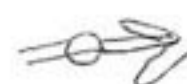
open leg to side



twisting variation



ankle on knee



mandukasana



squat



supta baddha konasana



janu sirsasana



Half lotus



ankle-to-knee



sambhatsana



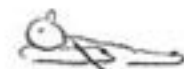
gomukhasana



Full lotus



virasana



supta virasana



twist



manichyasana #3