

PRIMARY STANDING POSTURES



mountain pose



warrior 2



warrior 1



prasanta padottanasana



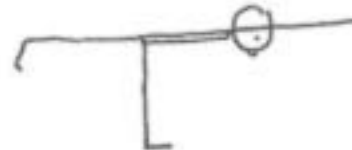
triangle



parsvotthanasana



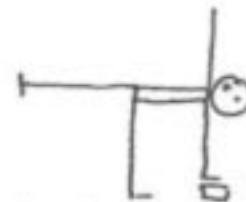
side angle



warrior 3



downward facing dog



half moon



utkatasana



forward fold