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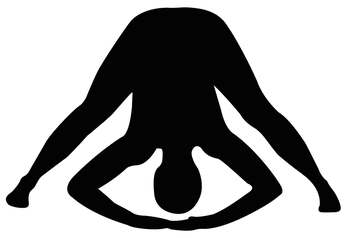
One Legged King Pigeon



Wide-Leg Forward Bend

Downward Facing Dog

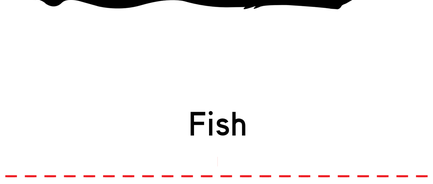
Side Plank

Boat

Pyramid

Plow

Crescent Moon

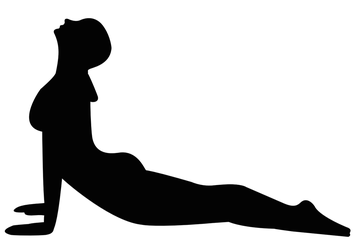


Fish

Warrior III

Wheel

Chair



Upward Facing Dog

Goddess

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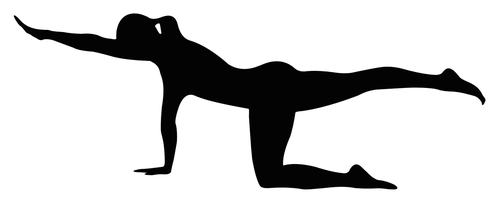


Sun Bird

Tree

Locust

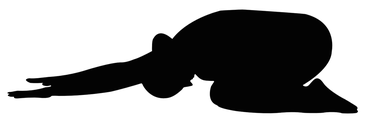
Triangle

Camel

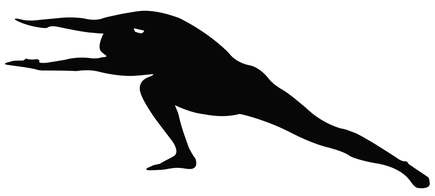
Dancer

Bow

Upward Salute



Extended Child‚s Pose



Extended Side Angle

Four-Limbed Staff

Revolved Triangle

Standing Forward Fold

Plank

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