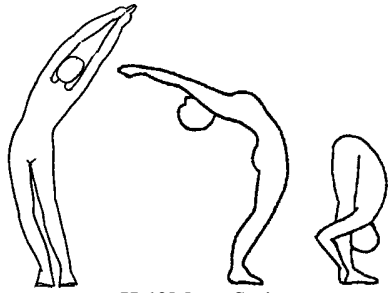


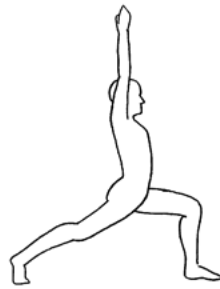
KRIPALU VIGOROUS YOGA



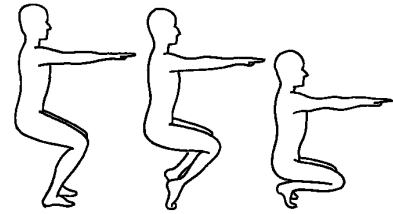
Mountain
Tadasana



Half Moon Series
Ardha Chandrasana Vinyasa



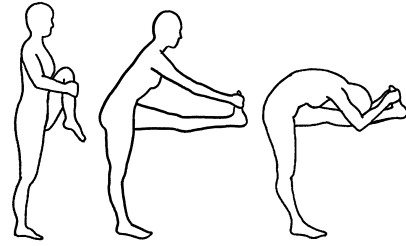
Warrior
Virabhadrasana



Standing Squats
Utkatasana



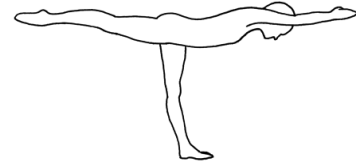
Eagle
Garudasana



Balancing Head to Knee
Dandayamana Janu Shirshasana



Dancer
Natarajasana



Balancing Stick
Tuladandasana



Triangle
Trikonasana



Standing Angle
Dandayamana Konasana



Warrior Angle
Virabhadra Konasana



Standing Angle Head to Knee
Dandayamana Kona Janu Sirshasana



Tree
Vrikshasana



Wind Relieving Pose
Pavana Muktasana



Cobra
Bhujangasana



Downward Dog
Adho Mukha Shvnasana



Child
Garbhasana



Half Locust
Ardha Shalabhasana



Locust
Shalabhasana



Symbol of Yoga
Yoga Mudra



Boat
Navasana



Bow
Dhanurasana



Head to Knee
Janu Shirshasana



Posterior Stretch
Pashchimottanasana



Corpse
Shavasana



Supine Diamond
Supta Vajrasana



Camel
Ushtrasana



Rabbit
Sasangasana



Half Shoulderstand
Ardha Sarvangasana



Fish
Matsyasana



Pigeon
Kapotasana



Spinal Twist
Matsyendrasana



Hero
Virasana