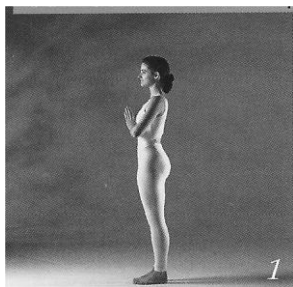
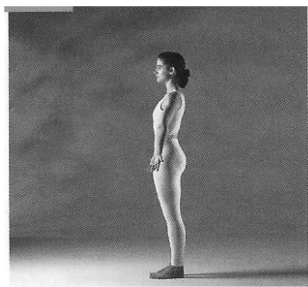


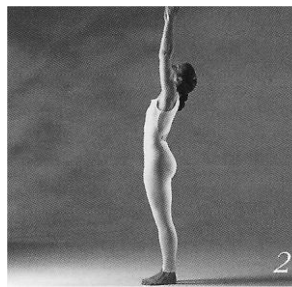
Sun Salutation (Surya Namaskara) from Yoga: Mastering the Basics by Sandra Anderson & Rolf Sovik, Psy.D.



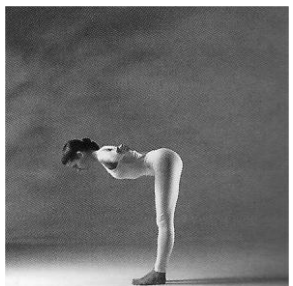
Mountain Pose with
Hands at the Chest
(*Tadasana*)



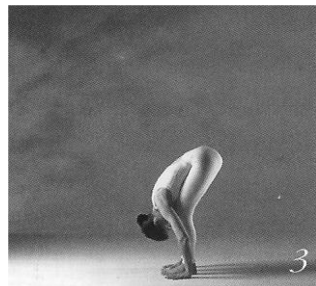
Overhead Stretch (a)



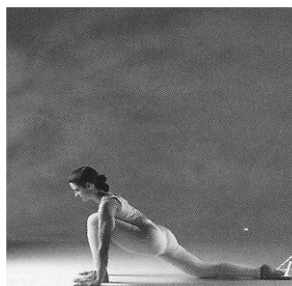
(b)
(*Urdhva Hastasana*)



Standing Forward Bend (a)
(*Ardha Uttanasana*)



(b)
(*Uttanasana*)



Lunge Pose
(*Anjaneyasana*)

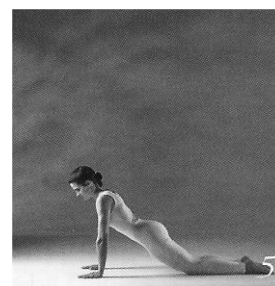
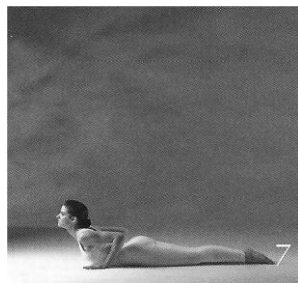


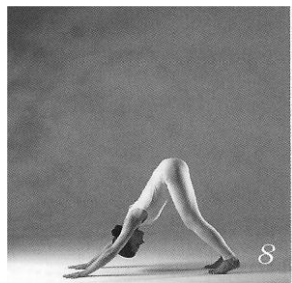
Table Pose
(Variation: Plank)
(*Phalakasana*)



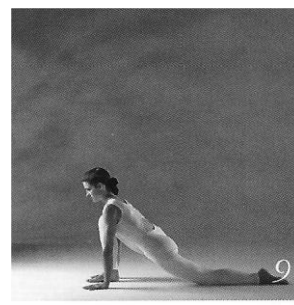
Eight-Point Pose
(*Ashtanga Pranam*)



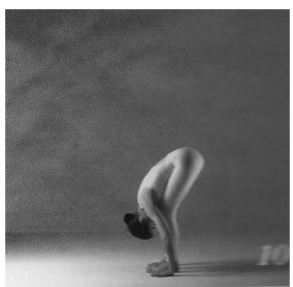
Unsupported Cobra Pose
(*Bhujangasana*)



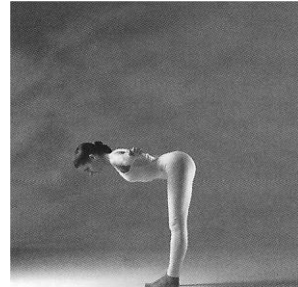
Downward-Facing Dog Pose
(*Adho Mukha Svanasana*)



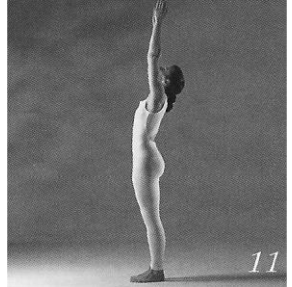
Lunge Pose
(*Anjaneyasana*)



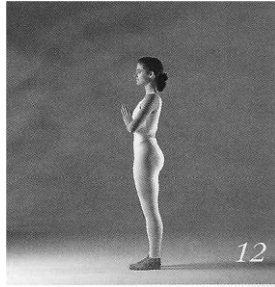
Standing Forward Bend
(Variation: straight legs)
(*Uttansana*)



Overhead Stretch (a)
(Reverse)



(b)
(*Urdhva Hastasana*)



Mountain Pose
(*Tadasana*)