

FIREFLY POSE
Sanskrit Name: Tittibhasana

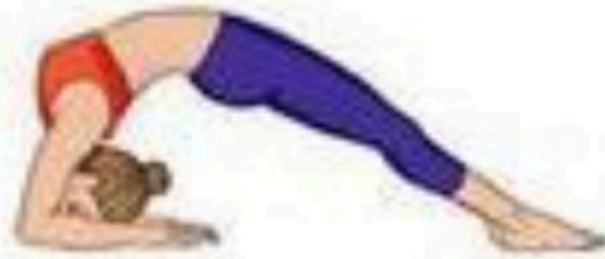




SAGE KOUNDIYA II POSE

Sanskrit Name:

Eka Pada Koundinyasana II



UPWARD-FACING TWO-FOOTED STAFF POSE

Sanskrit Name:

Dwi Pada Viparita Dandasana



**Dandayamana Dhanurasana
(Standing Bow Pulling Pose)**

Trivikramasana

(Extended Standing Split Pose)



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Dandayamana Janushirasana
(Standing Head To Knee Pose)



FEATHERED PEACOCK POSE
(Forearm Stand)

Sanskrit Name: Pincha Mayurasana

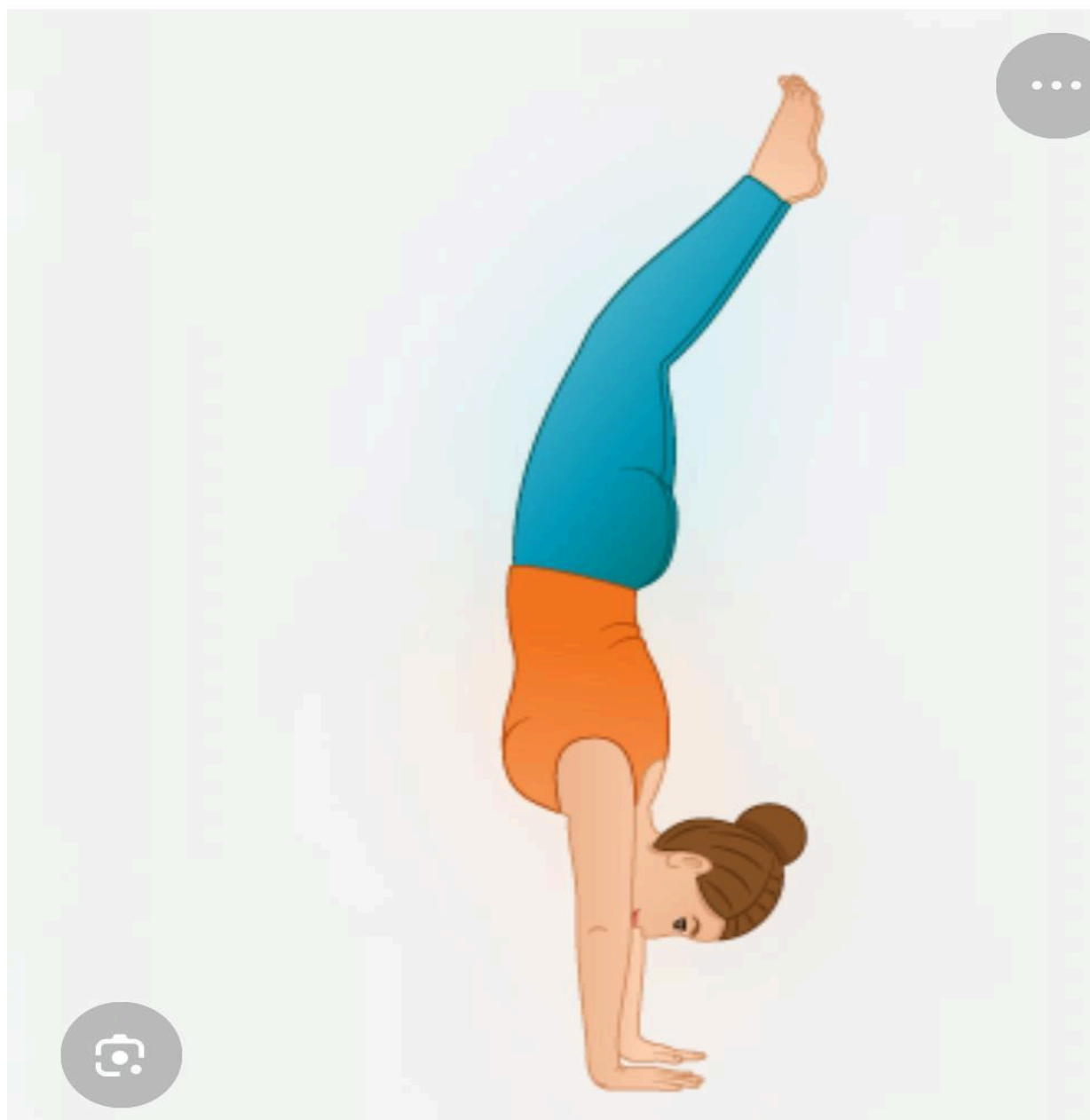


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**Padangustasana
(Toe Stand)**

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