



Wide legged *forward bend*



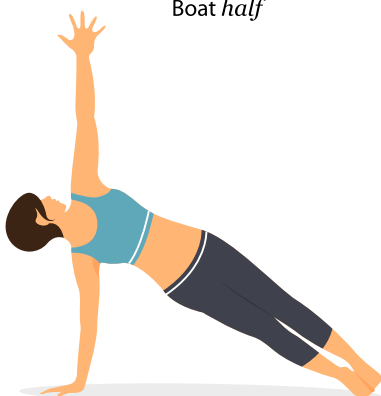
Side leg lift *pose*



Boat *half*



Fish *pose*



Side *plank*

YOGA *for* DESTROY FAT



Dolphin



Chair *pose*



Shoulderstand



Tree *prayer hand*



Bow



Bridge