

BALANCE

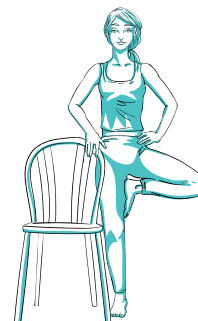
Balance Poses



① Mountain



② Chair



③ Tree



④ High Lunge



⑤ Standing Knee to Chest



⑥ Eagle



⑦ Bird Dog



⑧ Down Dog



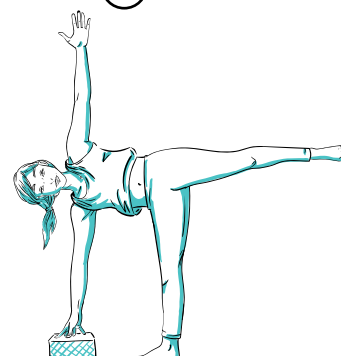
⑨ Diver



⑩ Kneeling Half Moon



⑪ Revolved High Lunge



⑫ Half Moon