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|--|-----------------------|
|  | Accomplished          |
|  | Airplane              |
|  | Ankle Stretch         |
|  | Archer Shooting Bow   |
|  | Baby Cobra            |
|  | Baby Cradle           |
|  | Ball                  |
|  | Bharadvajas Twist A   |
|  | Big Toe               |
|  | Bird Of Paradise      |
|  | Boat                  |
|  | Bound Angle           |
|  | Bound Angle Headstand |
|  | Bound Infinity        |
|  | Bound Lotus           |
|  | Bound Wheel           |
|  | Bow                   |
|  | Bridge                |
|  | Bridge Building       |
|  | Broken Wing           |
|  | Camel                 |
|  | Cat                   |
|  | Cat 2                 |
|  | Cat 3                 |
|  | Cat 4                 |
|  | Cat 5                 |
|  | Cat Cow Hip Circles 1 |
|  | Cat Cow Hip Circles 2 |
|  | Chair                 |
|  | Chair Cactus Arms     |
|  | Chest-Knees-Chin      |
|  | Child's Pose          |
|  | Child's Pose 2        |

|  |                          |
|--|--------------------------|
|  | Child's Pose 3           |
|  | Child's Pose 4           |
|  | Child's Pose 5           |
|  | Cobra                    |
|  | Corpse                   |
|  | Corpse 2                 |
|  | Cow                      |
|  | Cow 2                    |
|  | Cow 3                    |
|  | Cow Face                 |
|  | Cow Face 2               |
|  | Cow Face 3               |
|  | Cowherd                  |
|  | Crane                    |
|  | Crocodile                |
|  | Crocodile 2              |
|  | Crocodile Ashtanga       |
|  | Crow                     |
|  | Dolphin                  |
|  | Dolphin Plank            |
|  | Dolphin Plank 2          |
|  | Double Big Toe           |
|  | Downward-Facing Dog      |
|  | Downward-Facing Dog 2    |
|  | Downward-Facing Dog 3    |
|  | Eagle                    |
|  | Ear Pressure             |
|  | Ear Pressure 2           |
|  | Eight Angle              |
|  | Elephant Trunk           |
|  | Embryo In Womb           |
|  | Extended Childs Pose     |
|  | Extended Hand-To-Big-Toe |

|  |                               |
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|  | Extended Leg                  |
|  | Extended Triangle             |
|  | Extended Triangle Preparation |
|  | Feathered Peacock             |
|  | Feet-Behind-The Head A        |
|  | Feet-Behind-The Head B        |
|  | Figure Four                   |
|  | Fire Hydrant                  |
|  | Fire Log / Double Pigeon      |
|  | Firefly                       |
|  | Firefly B                     |
|  | Firefly C                     |
|  | Fish                          |
|  | Fish 2                        |
|  | Five-Pointed Star             |
|  | Floating Staff                |
|  | Flying Pigeon                 |
|  | Flying Splits                 |
|  | Foot-Behind-The-Head 1        |
|  | Foot-Behind-The-Head 2        |
|  | Foot-Behind-The-Head 3        |
|  | Four-Limbed Staff             |
|  | Frog B                        |
|  | Frog M                        |
|  | Garland                       |
|  | Gate                          |
|  | Goddess                       |
|  | Goddess 2                     |
|  | Goddess side bend             |
|  | Gorilla                       |
|  | Grasshopper B                 |
|  | Grasshopper C                 |
|  | Half Boat                     |

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|  | Half Bound Lotus              |
|  | Half Bound Lotus Forward Bend |
|  | Half Bow                      |
|  | Half Circle                   |
|  | Half Cow Face                 |
|  | Half Cow Face 2               |
|  | Half Four-Limbed Staff        |
|  | Half Frog                     |
|  | Half Frog M                   |
|  | Half Happy Baby               |
|  | Half Hero                     |
|  | Half Locust                   |
|  | Half Lord Of The Fishes       |
|  | Half Lord Of The Fishes 2     |
|  | Half Lotus                    |
|  | Half Lotus Tree               |
|  | Half Monkey                   |
|  | Half Moon                     |
|  | Half Moon Bow                 |
|  | Half Pigeon                   |
|  | Half Pigeon 2                 |
|  | Half Pigeon 3                 |
|  | Half Reclining Hero           |
|  | Half Reclining Hero 2         |
|  | Half Reclining Hero 3         |
|  | Half Wheel                    |
|  | Handstand                     |
|  | Happy Baby                    |
|  | Head-To-Knee                  |
|  | Head-To-Knee B                |
|  | Head-To-Knee C                |
|  | Hero                          |
|  | Hero 2                        |