

BALANCING YOGA POSES, FROM TRE

10 poses · English and Sanskrit names · steps for each at yogaphilippines.com/poses/



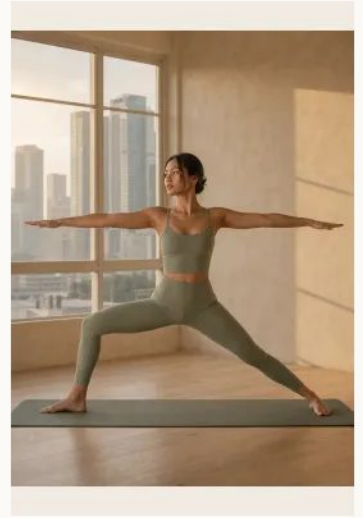
TREE POSE
Vrksasana



FLAMINGO POSE
Modern variation



EAGLE POSE
Garudasana



WARRIOR POSES
Virabhadrasana I, II and I...



HALF MOON POSE
Ardha Chandrasana



DANCER POSE
Natarajasana



BOAT POSE
Navasana



SIDE PLANK
Vasisthasana



CROW POSE
Bakasana



HANDSTAND
Adho Mukha Vrksasana