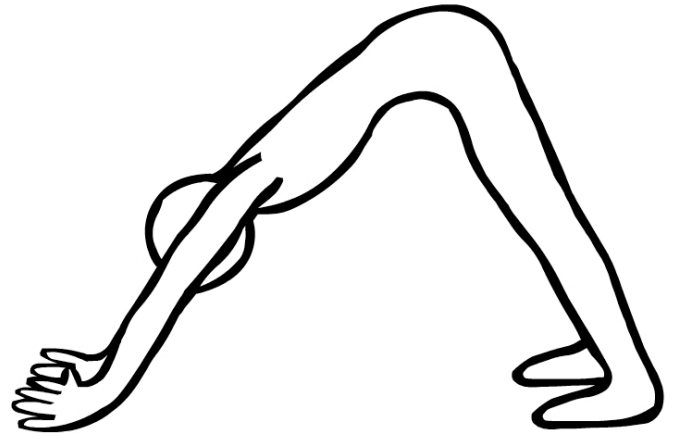




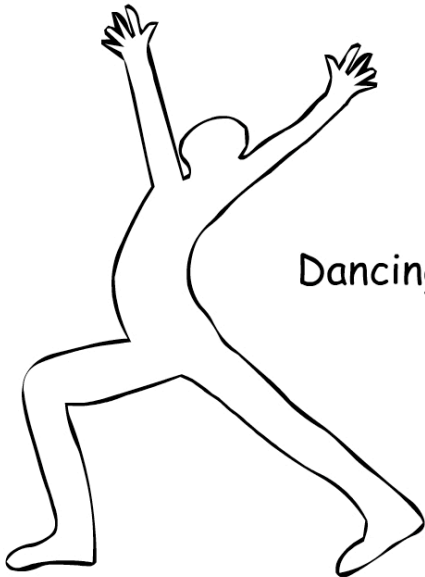
Yoga Asanas Mini Book

Name _____



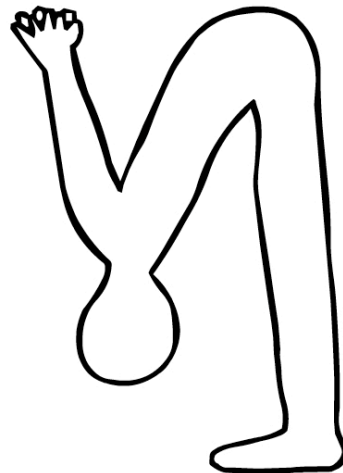
Downward Facing Dog

1



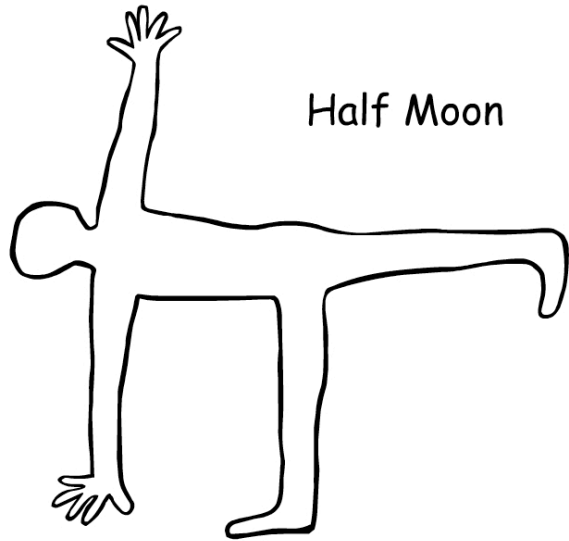
Dancing Warrior

2



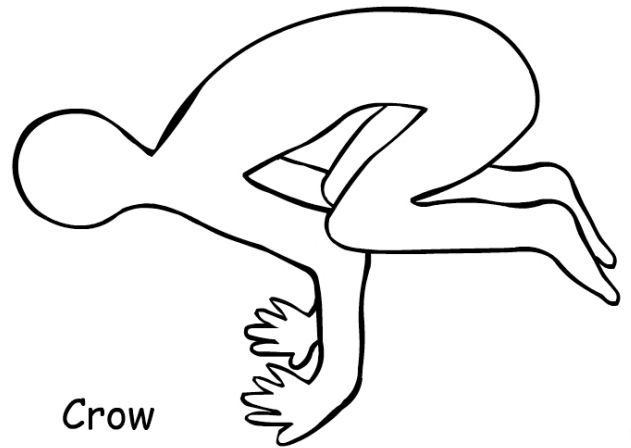
Standing
Yoga Mudra

3



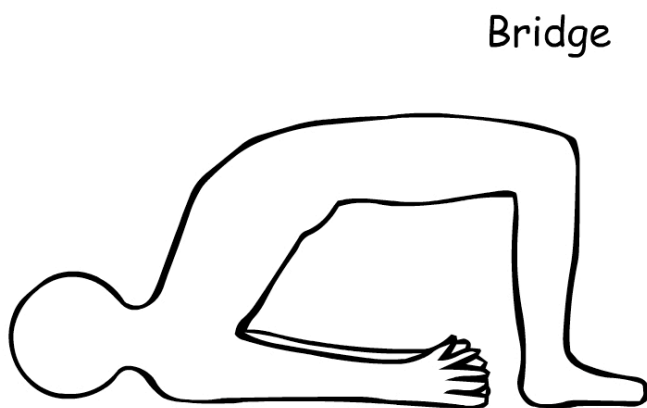
Half Moon

4



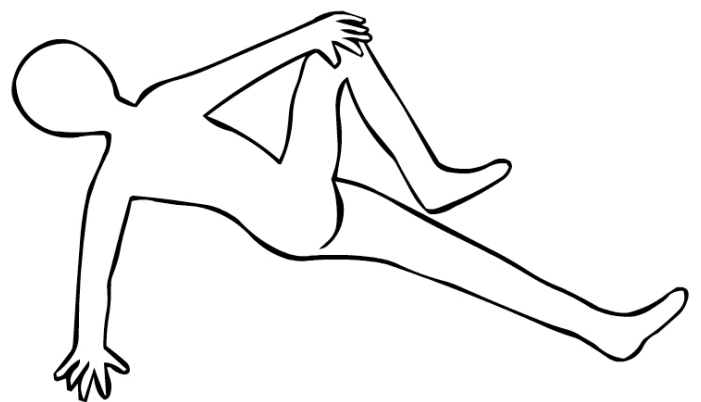
Crow

5



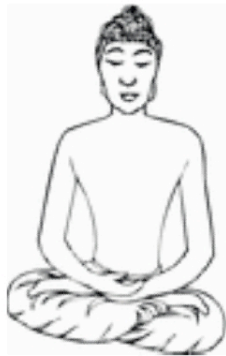
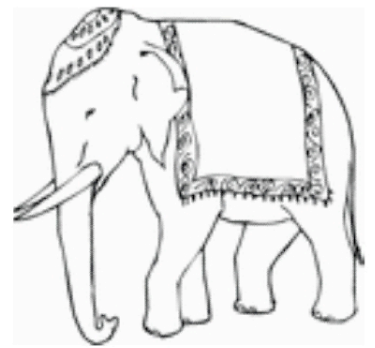
Bridge

6



Knee Down Twist

7



Namaste

*I honor the Spirit in you,
which also is in me.*