

Стретчинг



POSE No **01**
Half Moon



POSE No **02**
Hand to Foot



POSE No **03**
Squats



POSE No **04**
High



POSE No **05**
Standing Hand to Knee



POSE No **06**
Standing Leg

POSE
No **14**
Wind Removing



POSE
No **15**
 Cobra



POSE
No **16**
Locust



POSE
No **17**
Full Locust



POSE
No **18**
Bow



POSE
No **19**
Foot First



POSE
No **20**
Half Tortoise



POSE
No **21**
Camel



POSE
No **22**
Roller



POSE
No **23**
Head to Knee



POSE
No **24**
Swathing



POSE
No **25**
Spine-Teasing



POSE
No **26**
Blowing in Fire

