



CITY YOGA
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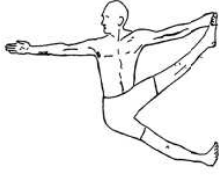
ASHTANGA VINYASA STANDING POSTURES



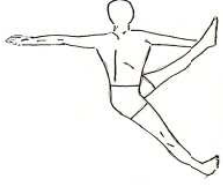
PADANGUSTHASANA



PADAHASTHASANA



UTTITHA TRIKONASANA



PARIVRTTA TRIKONASANA



UTTITHA PARSVAKONASANA



PARIVRTTA PARSVAKONASANA



A



B



C

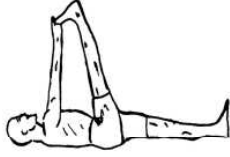


D

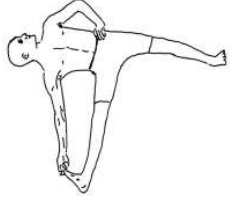
PRASARITA PADOTTANASANA



PARSVOTTANASANA



A



B



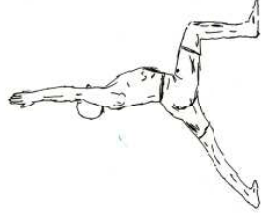
C



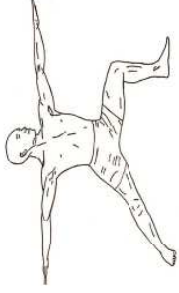
ARDHA BADDHA PADMOTTANASANA



UTKATASANA



A



B

VIRABHADRASANA