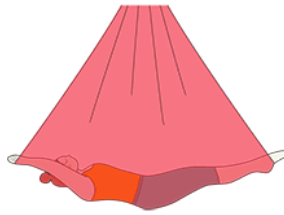


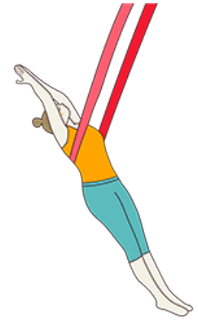
1. Cocoon Pose Aerial • Baddha
Konasana Inside Aerial



2. Corpse Pose Aerial • Savasana
Aerial



3. Chair Pose Aerial • Utkatasana
Aerial



4. Mountain Pose Raised Arms
Aerial • Tadasana Urdhva Hastasana
Aerial



5. Plank Pose Airplane Arms
Aerial • Phalakasana Hasta
Vimanasana Aerial



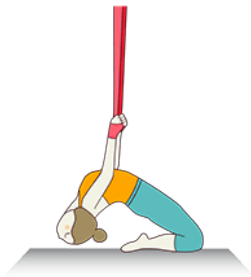
6. Hip Circles Pose Aerial



7. Downward Facing Thunderbolt
Pose Aerial • Adho Mukha
Vajrasana Aerial



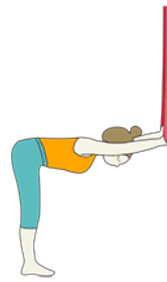
8. Reclining Hero Pose Aerial •
Supta Virasana Aerial



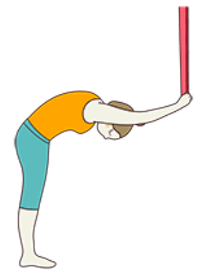
9. Pigeon Pose Aerial • Kapotasana
Aerial



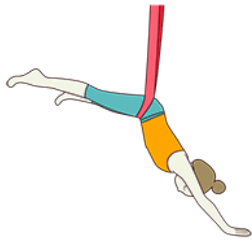
10. Two Legged Inverted Staff
Pose Aerial • Dwi Pada Viparita
Dandasana Aerial



11. Half Forward Fold Pose Aerial
• Ardha Uttanasana Aerial



12. Standing Forward Fold Cat
Pose Hands Aerial • Uttanasana
Marjaryasana Hasta Aerial



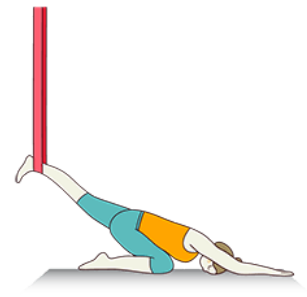
13. Downward Facing Dog Pose Variation Feet In Air Aerial • Adho Mukha Svanasana Variation Feet In Air Aerial



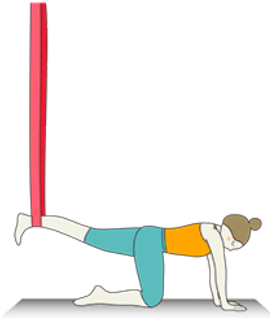
14. Three Legged Downward Facing Dog Pose Aerial • Tri Pada Adho Mukha Svanasana Aerial



15. Plank Pose Aerial I Variation • Phalakasana Aerial I Variation



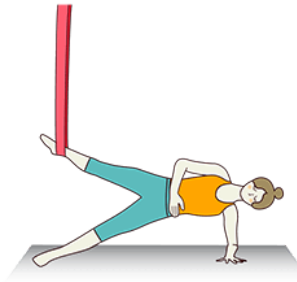
16. Child Pose One Leg Aerial • Balasana Eka Pada Aerial



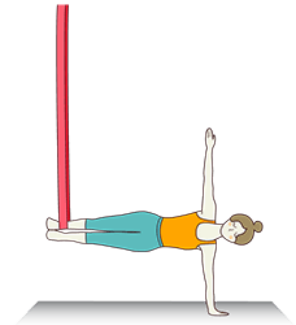
17. Table Top Pose Variation Leg Raised Aerial • Bharmanasana Variation Uttan Pada Aerial



18. Handstand Pose Prep Aerial • Adho Mukha Vrksasana Prep Aerial



19. Side Plank Starfish Pose Aerial • Vasisthasana Starfish Aerial



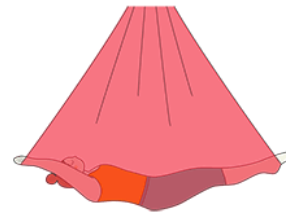
20. Side Plank Pose Aerial • Vasisthasana Aerial



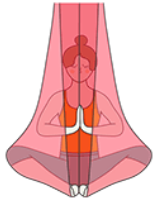
21. Boat Pose Aerial Variation • Navasana Aerial Variation



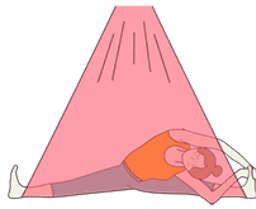
22. Inverted Butterfly Pose Bound Hands Aerial • Inverted Baddha Konasana Baddha Hasta Aerial



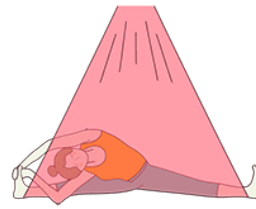
23. Corpse Pose Aerial • Savasana Aerial



1. Cocoon Pose Aerial • Baddha Konasana Inside Aerial



2. Revolved Seated Angle Pose Aerial • Parivrtta Upavistha Konasana Aerial



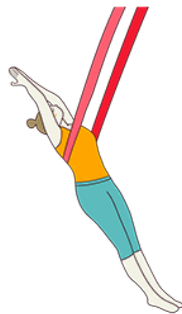
3. Revolved Seated Angle Pose Aerial • Parivrtta Upavistha Konasana Aerial



4. Corpse Pose Aerial • Savasana Aerial



5. Chair Pose Aerial • Utkatasana Aerial



6. Mountain Pose Raised Arms Aerial • Tadasana Urdhva Hastasana Aerial



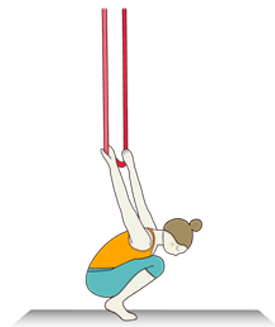
7. Plank Pose Airplane Arms Aerial • Phalakasana Hasta Vimanasana Aerial



8. Hip Circles Pose Aerial



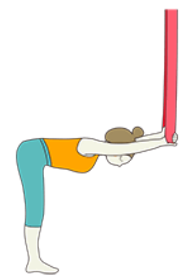
9. Seated Wide Legged Straddle Pose Aerial • Upavistha Konasana Aerial Variation



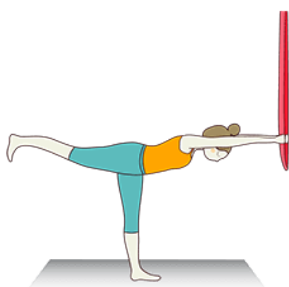
10. Toe Squat Pose Head to Knee Aerial



11. Standing Forward Fold Cat Pose Hands Aerial • Uttanasana Marjaryasana Hasta Aerial



12. Half Forward Fold Pose Aerial • Ardha Uttanasana Aerial



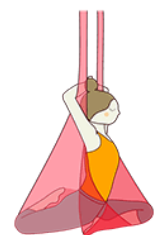
13. Warrior Pose Iii Hands Aerial • Virabhadrasana Iii Hasta Aerial



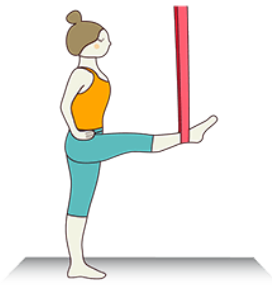
14. Thoracic Wrap Warrior Ii Pose Aerial • Thoracic Wrap Virabhadrasana Ii Aerial



15. Standing Splits Aerial Open Hammock • Standing Hanumanasana Aerial Open Hammock



16. Easy Half Pigeon Pose Arms Raised Aerial • Sarala Ardha Kapotasana Uttana Hasta Aerial



17. **Standing Hand To Big Toe Pose D Aerial** • Utthita Hasta Padangusthasana D Aerial



18. **Revolved Hand To Big Toe Pose Aerial** • Parivrtta Hasta Padangusthasana Aerial



19. **Standing Splits Pose Aerial** • Standing Hanumanasana Aerial



20. **Sage Visvamitrasana Aerial** • Visvamitrasana Aerial



21. **Standing Pigeon Pose Aerial** • Utthita Kapotasana Aerial



22. **King Dancer Pose B Foot Aerial** • Baddha Natarajasana Pada Aerial



23. **Thigh Catch High Lunge Pose Aerial** • Thigh Catch Anjaneyasana Aerial



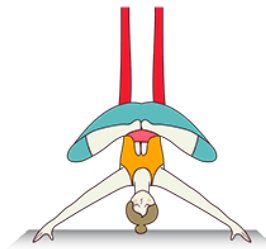
24. **One Legged Warrior II Pose Aerial** • Eka Pada Virabhadrasana II Aerial



25. **Tree Pose Aerial** • Vrksasana Aerial



26. **Bound Angle Pose Aerial** • Baddha Konasana Aerial



27. **Reverse Bound Angle Pose Aerial** • Baddha Konasana Viparita Aerial



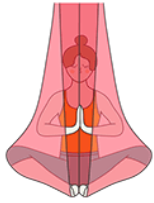
28. **Easy Half Pigeon Pose Arms Raised Aerial** • Saral Ardha Kapotasana Uttana Hasta Aerial



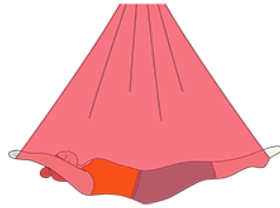
29. **Cocoon Pose Aerial** • Baddha Konasana Inside Aerial



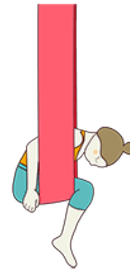
30. **Corpse Pose Aerial** • Savasana Aerial



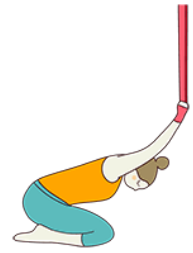
1. Cocoon Pose Aerial • Baddha Konasana Inside Aerial



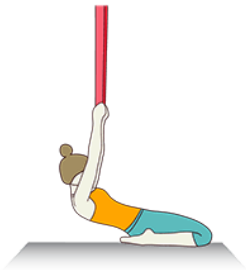
2. Corpse Pose Aerial • Savasana Aerial



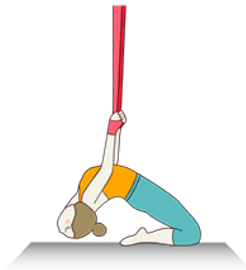
3. Floating Child Pose Aerial • Balasana Aerial



4. Downward Facing Thunderbolt Pose Aerial • Adho Mukha Vajrasana Aerial



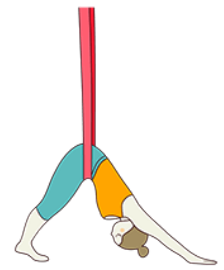
5. Reclining Hero Pose Aerial • Supta Virasana Aerial



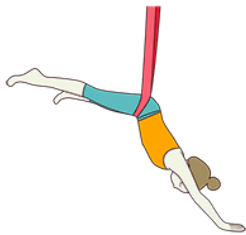
6. Pigeon Pose Aerial • Kapotasana Aerial



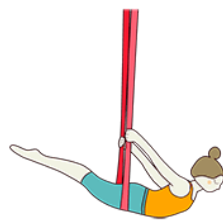
7. Two Legged Inverted Staff Pose Aerial • Dwi Pada Viparita Dandasana Aerial



8. Downward Facing Dog Pose Aerial • Adho Mukha Svanasana Aerial



9. Downward Facing Dog Pose Variation Feet In Air Aerial • Adho Mukha Svanasana Variation Feet In Air Aerial



10. Locust Pose Aerial • Salabhasana Aerial



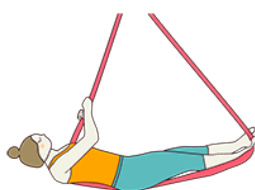
11. Standing Splits Aerial Open Hammock • Standing Hanumanasana Aerial Open Hammock



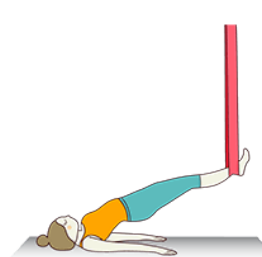
12. Suspended Front Splits Pose Aerial • Vimana Hanumanasana Aerial



13. Tree Pose Aerial • Vrksasana Aerial



14. Kali Cradle Pose Aerial



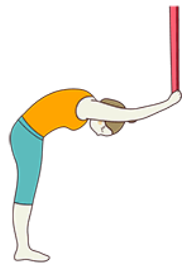
15. Bridge Pose Aerial • Setubandha Sarvangasana Aerial



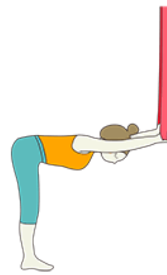
16. One Legged Bridge Pose Aerial • Eka Pada Setu Bandha Sarvangasana Aerial



17. Revolved Reclined Big Toe Pose One Leg Aerial • Parivrtta Supta Padangusthasana Eka Pada Aerial



18. Standing Forward Fold Cat Pose Hands Aerial • Uttanasana Marjaryasana Hasta Aerial



19. Half Forward Fold Pose Aerial • Ardha Uttanasana Aerial



20. Inverted Butterfly Pose Bound Hands Aerial • Inverted Baddha Konasana Baddha Hasta Aerial



21. Inverted Butterfly Pose Twist Variation Aerial • Inverted Baddhakonasana Twist Variation Aerial



22. King Dancer Pose B Aerial • Baddha Natarajasana Aerial



23. Chandelier Pose Aerial



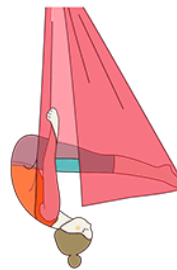
24. Supported Standing Hand To Big Toe Pose Aerial Variation • Supported Utthita Hasta Padangusthasana Aerial Variation



25. Venus Pose Aerial



26. Unsupported Shoulder Stand Pose Aerial • Niralamba Sarvangasana Aerial



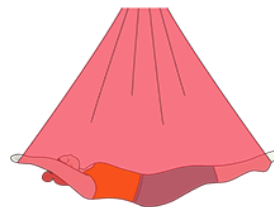
27. Bat Pose Aerial



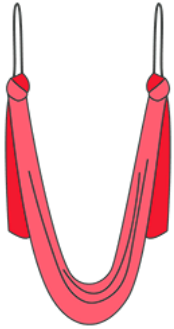
28. Vampire Pose Aerial



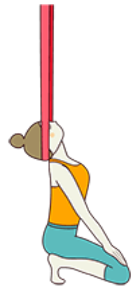
29. Warrior Pose Iii Arms And One Leg Aerial • Virabhadrasana Iii Hasta Eka Pada Aerial



30. Corpse Pose Aerial • Savasana Aerial



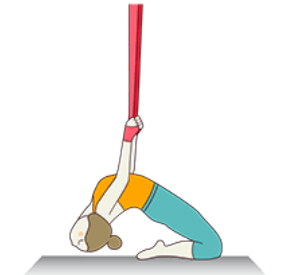
1. Prop Aerial Hammock



2. Thunderbolt Pose Supported Neck Aerial • Vajrasana Supported Neck Aerial



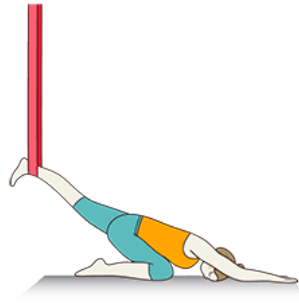
3. Easy Pose Forward Bend Aerial • Sukhasana Forward Bend Aerial



4. Pigeon Pose Aerial • Kapotasana Aerial



5. Plank Pose Aerial I Variation • Phalakasana Aerial I Variation



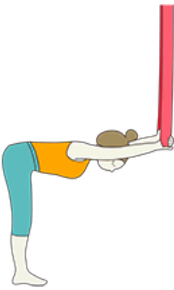
6. Child Pose One Leg Aerial • Balasana Eka Pada Aerial



7. Handstand Pose Prep Aerial • Adho Mukha Vrksasana Prep Aerial



8. Cow Pose Aerial • Bitilasana Aerial



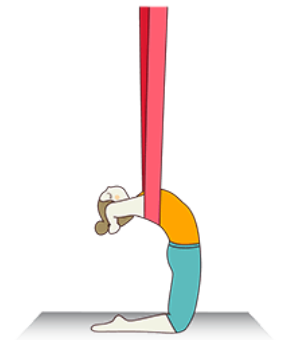
9. Half Forward Fold Pose Aerial • Ardha Uttanasana Aerial



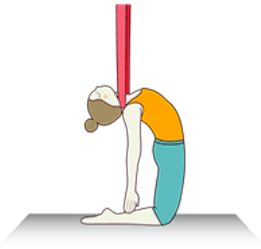
10. Standing Forward Fold Cat Pose Hands Aerial • Uttanasana Marjaryasana Hasta Aerial



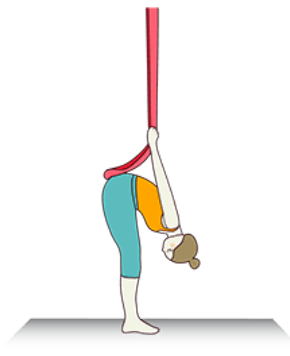
11. Chair Pose Aerial • Utkatasana Aerial



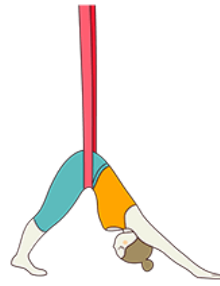
12. Supported Camel Pose Bound Hands Back Aerial • Salamba Ustrasana Baddha Hasta Back Aerial



13. Supported Camel Pose Neck Aerial • Salamba Ustrasana Griva Aerial



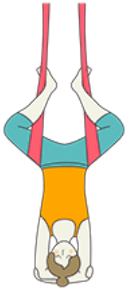
14. Standing Forward Bend Pose Aerial • Uttanasana Aerial



15. Downward Facing Dog Pose Aerial • Adho Mukha Svanasana Aerial



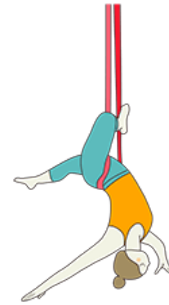
16. Scorpion Pose Legs Aerial • Vrschikasana Pada Aerial



17. Inverted Butterfly Pose Bound Hands Aerial • Inverted Baddha Konasana Baddha Hasta Aerial



18. Half Bound Angle Pose Inverted Aerial • Ardha Baddha Konasana Viparita Aerial



19. Half Pigeon Pose Inverted Aerial • Ardha Kapotasana Viparita Aerial



20. King Dancer Pose B Aerial • Baddha Natarajasana Aerial



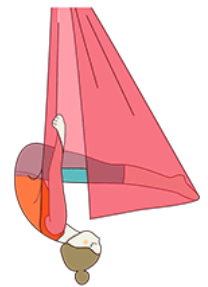
21. Chandelier Pose Aerial



22. Handstand Pose Aerial • Adho Mukha Vrksasana Aerial



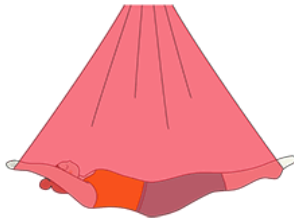
23. Unsupported Shoulder Stand Pose Aerial • Niralamba Sarvangasana Aerial



24. Bat Pose Aerial



25. Dove Pose Aerial • Dvi Pada Viparita Dandasana Pada Aerial



26. Corpse Pose Aerial • Savasana Aerial



27. Easy Pose Forward Bend Aerial • Sukhasana Forward Bend Aerial



28. Easy Pose Variation Arms Knees • Sukhasana Variation Arms Knees