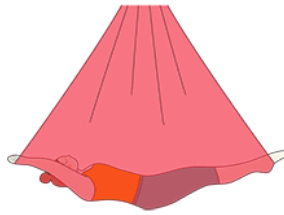


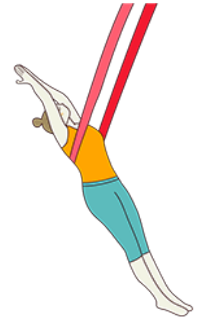
1. Cocoon Pose Aerial • Baddha Konasana Inside Aerial



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



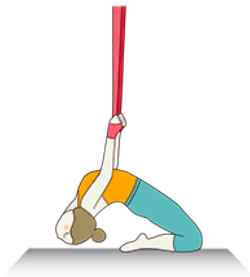
6. Hip Circles Pose Aerial



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



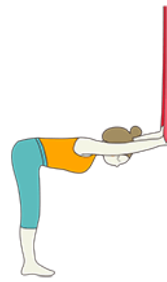
8. Reclining Hero Pose Aerial • Supta Virasana Aerial



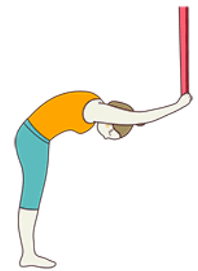
9. Pigeon Pose Aerial • Kapotasana Aerial



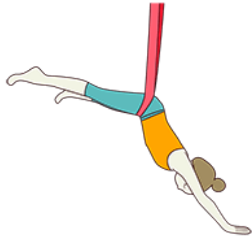
10. Two Legged Inverted Staff Pose Aerial • Dwi Pada Viparita Dandasana Aerial



11. Half Forward Fold Pose Aerial • Ardha Uttanasana Aerial



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



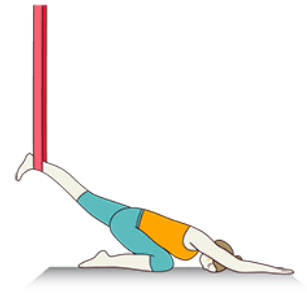
13. Downward Facing Dog Pose Variation Feet In Air Aerial • Adho Mukha Svanasana Variation Feet In Air Aerial



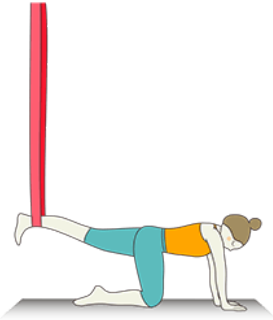
14. Three Legged Downward Facing Dog Pose Aerial • Tri Pada Adho Mukha Svanasana Aerial



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



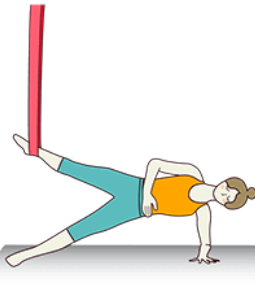
16. Child Pose One Leg Aerial • Balasana Eka Pada Aerial



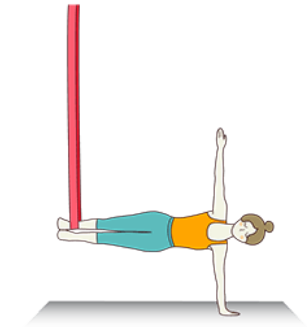
17. Table Top Pose Variation Leg Raised Aerial • Bharmanasana Variation Uttan Pada Aerial



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



19. Side Plank Starfish Pose Aerial • Vasisthasana Starfish Aerial



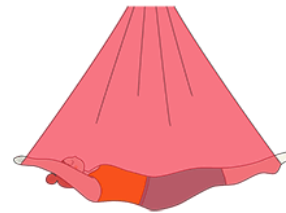
20. Side Plank Pose Aerial • Vasisthasana Aerial



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