

"Yoga is a flame when you light it up, The glow never Fades."

















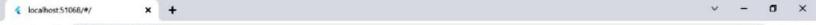












"Crow pose (Bakasana)"



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"With your arms between your knees, plant your hands on the ground, shoulder-width apart, elbows pulled in near the sides of your body"

"Pull shoulders away from ears. Transition onto the balls of your feet, lifting your buff into the air"











































"Walk your feet in closer to your body, until you can fit your knees into the spaces created by your ampits. Shift your weight forward."

"Float your toes up into the air, keeping your gaze directed at the mat. Aim to hold the pose for a few seconds."



#### "Cobra Pose (Bujhanassana)"

















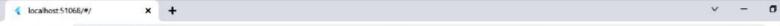












### "Cobra Pose (Bujhanassana)"



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"Lie flat on your stornach keeping your legs straight, feet together, heeis slightly touching each other and toes pointing."

"Rest your forehead on the floor and relax your body inhale and raise your forehead, neck and then shoulders"





"Look upward breathing normally. This is the final position, In the final position, with your pubic bones touching the floor."

































### "Tree Pose (Vrikshasana)"



"Stand erect and keep 1 foot distance between your leg"

"Raise your arms and join your palms in a namaste over the head"





"Raise your right leg and place it on left thigh "































