



Namaste Alaska

Picture Credits: Terrie Hanke

Hero Pose



Extended Child's Pose



Downward Dog



Photo credits: Terrie Hanke



Upward Dog Pose



Upward Salute



Wide Angle Side Stretch to the Left



Wide Angle Side Stretch to the Right



Wide Angle Stretch to the Center



Photo credits: Terrie Hanke



Windmill Pose

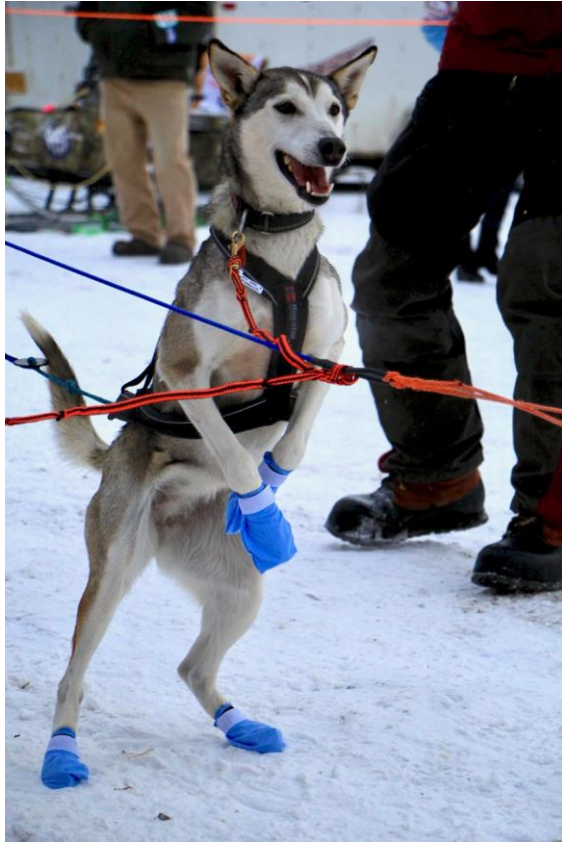
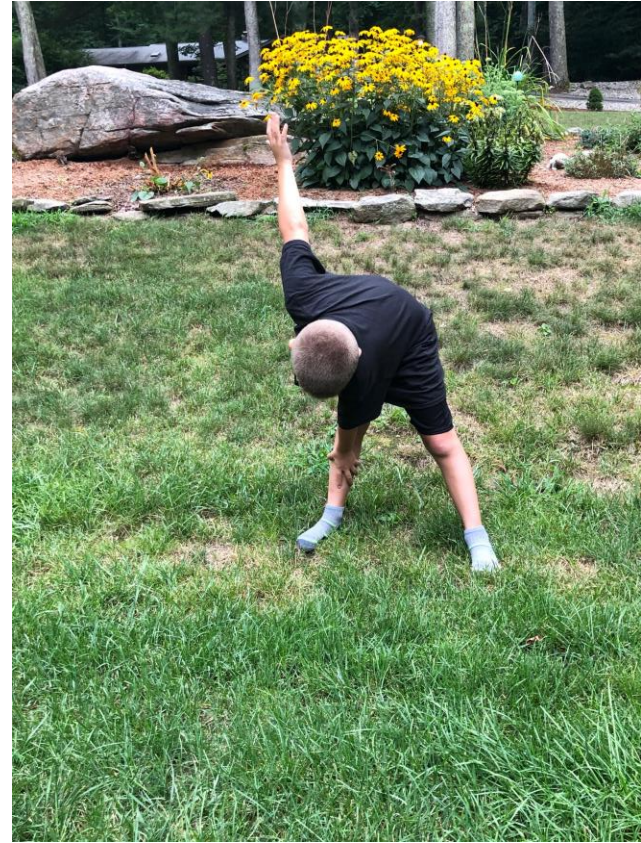


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Warrior 2 Pose



Sled Pose



Mountain Pose



Photo credits: Terrie Hanke



Tree Pose



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Raccoon Pose



Balancing Table Pose



Bridge Pose



Triangle pose



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Bear pose



Bear Cub Pose



Airplane Pose



Halfmoon Pose



Resting Pose



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