

1

# RAT

Balasana



2

OX

Bitilasana

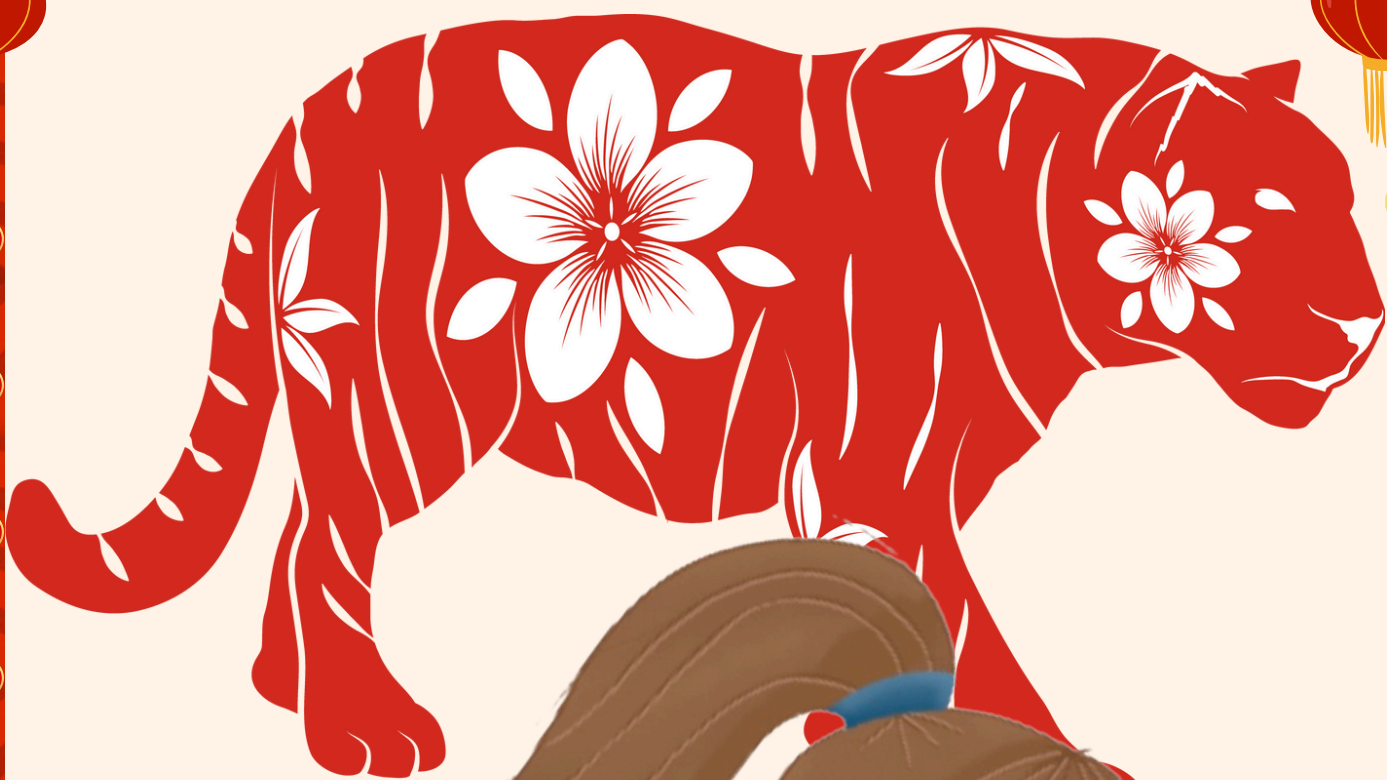




3

# TIGER

Viaghrasana



4

# RABBIT

Sasangasana





5

# DRAGON

Bikram pranayama





6

# SNAKE

## Bhujangasana



7

# HORSE

Utkata Konasana





8

# GOAT

Marichyasana





9

# MONKEY

Ardha Anumanasana



9

# MONKEY

Utthita Tadasana

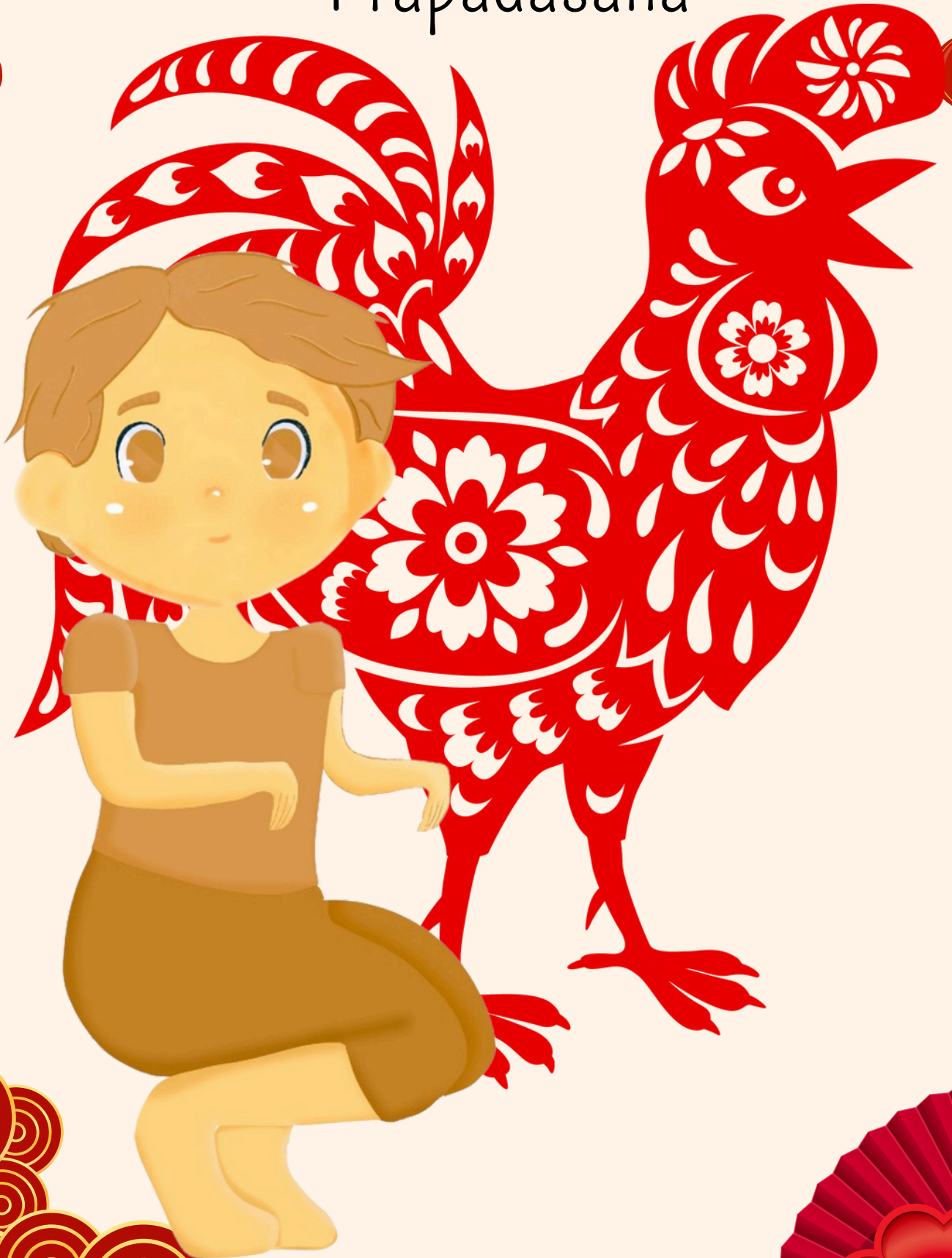




10

# ROOSTER

Prapadasana





11

# DOG

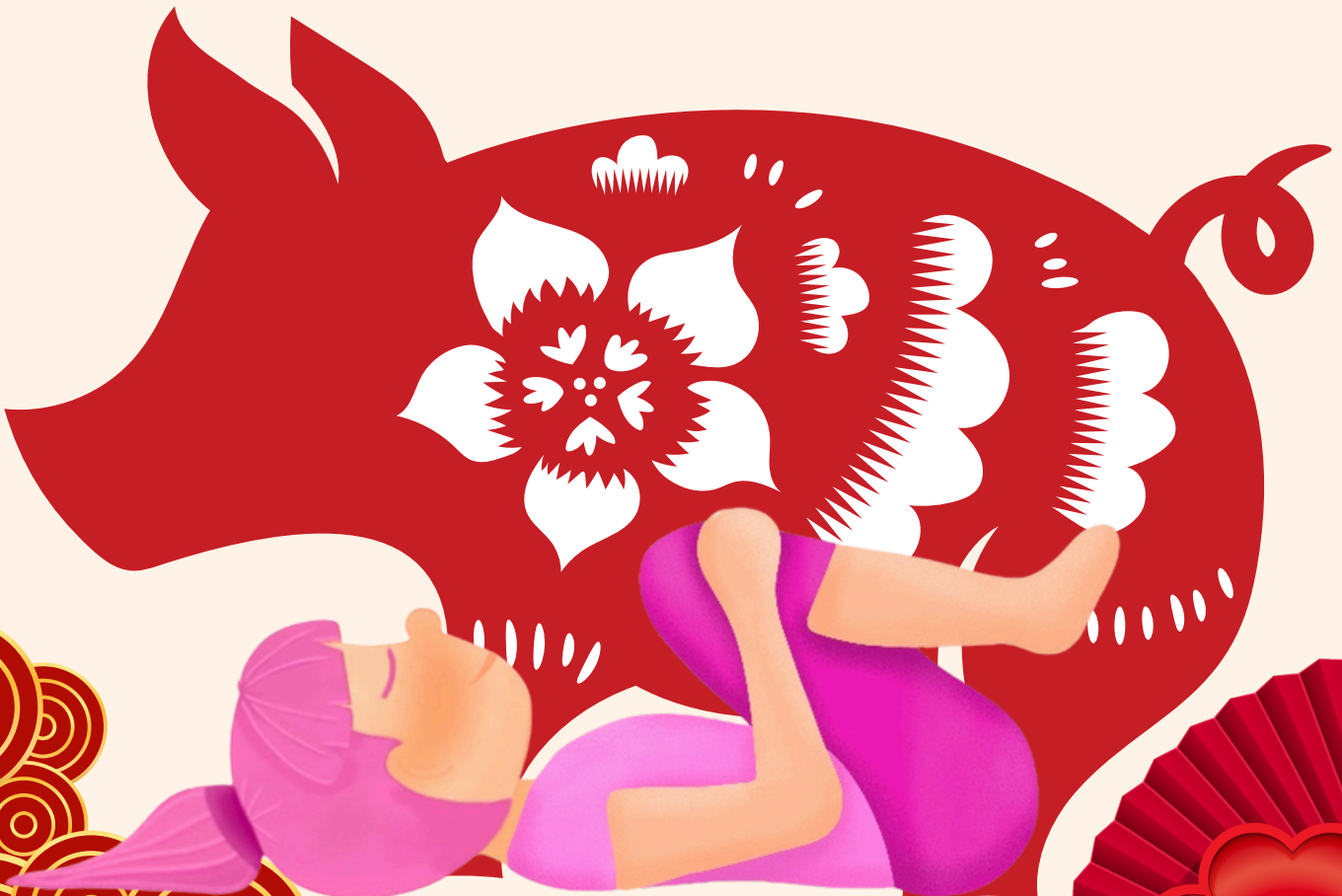
Adho mukha svanasana



12

PIG

Marjariasana



# CAT

Marjariasana

