



Nature's  
INTEGRITY

# BEGINNER

CHILD POSE



BENCH



OPEN HIPS AND SIDE BODY



SIDE STRETCH



CHEST  
BACK AND EXTENSION



PLANK



# INTERMEDIATE

ASSISTED PLOW



BACK STRETCH



BALANCE



SHOULDER STAND



ONE LEG FORWARD FOLD



LOW LUNG  
QUADRICEPS STRETCH



# ADVANCED

PIGEON



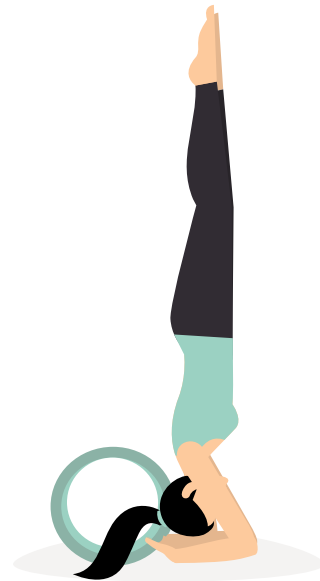
ASSISTED MONKEY POSE



CRESCENT LUNG



HEADSTAND SUPPORT



SQUATTING



HEADSTAND SUPPORT





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INTEGRITY