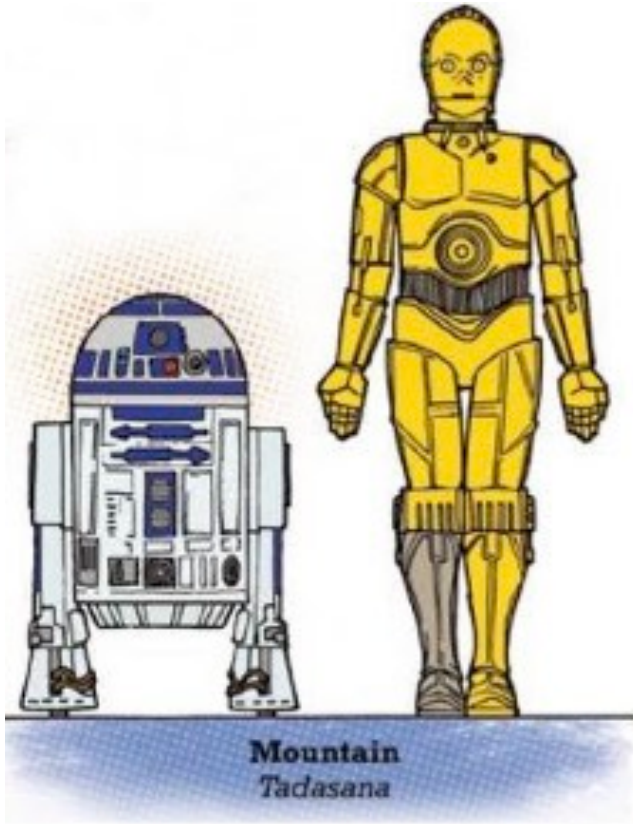
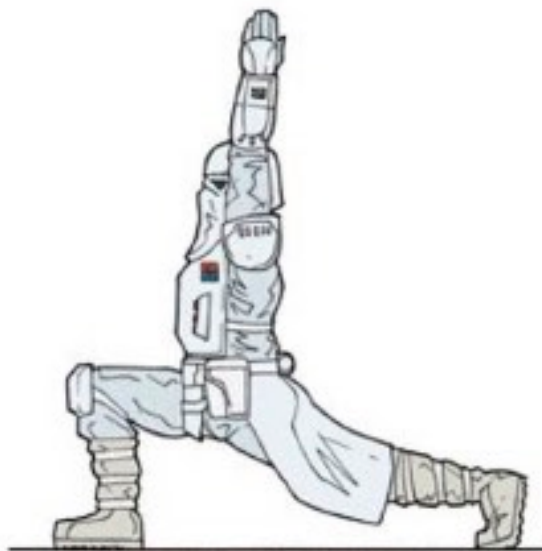


JEDI YOGA

(Level 1: Preparatory Techniques)



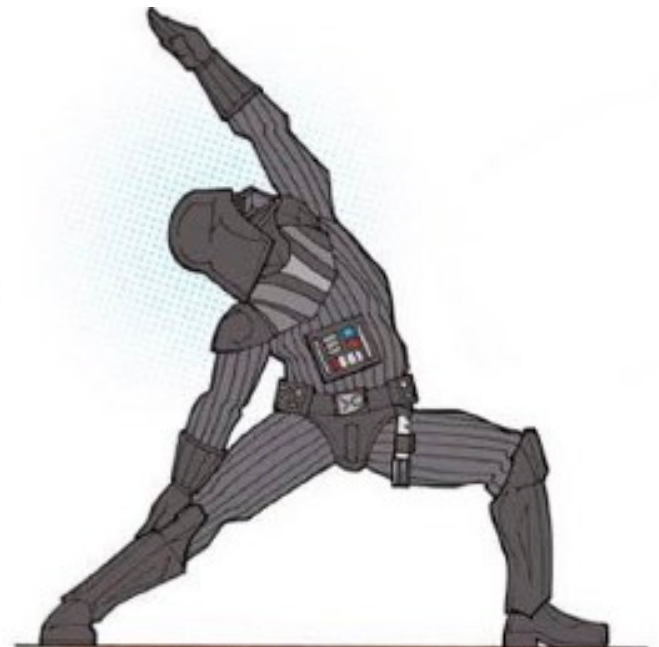




High Lunge
Uthita Ashwa Sanchalanasana



Warrior 2
Virabhadrasana II



Reverse Warrior
Virabhadrasana



Warrior 3
Virabhadrasana III



Half Moon
Ardha Chandrasana



Extended Triangle
Utthita Trikonasana



Extended Side Angle
Utthita Parsvakonasana



Revolved Lunge
Parivrtta Anjaneyasana



Tree
Vrikshasana



Eagle
Garudasana



Lord of the Dance
Natarajasana



Bird of Paradise
Svarga Dvijasana



Goddess
Utkata Konasana



Downward-Facing Dog
Adho Mukha Svanasana



Supported Shoulderstand
Salamba Sarvangasana



Plow
Halasana



Feathered Peacock
Pincha Mayurasana



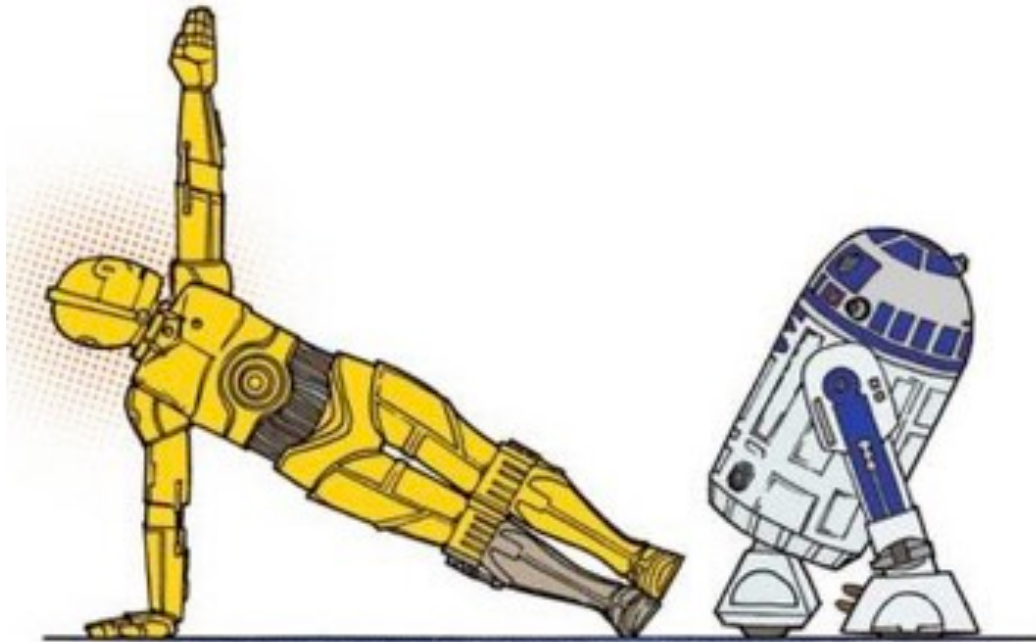
Scorpion
Vrschikasana



Half Lord of the Fishes
Ardha Matsyendrasana



Boat
Paripurna Navasana

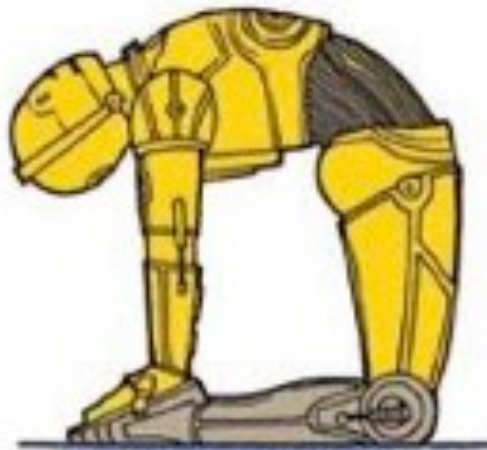


Side Plank
Vasisthasana

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Gate
Parighasana



Camel
Ustrasana



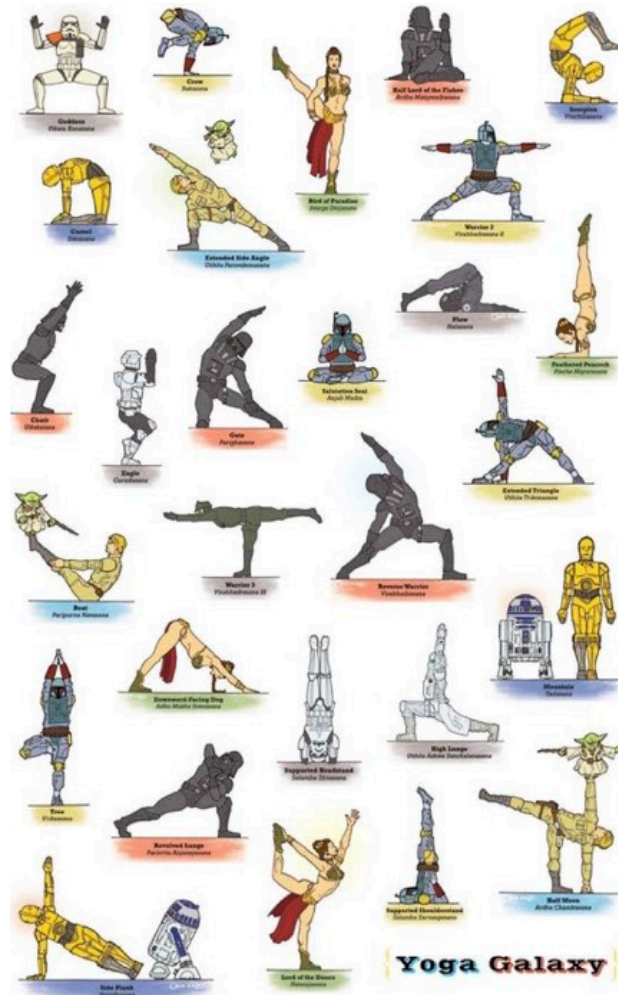
Crow
Bakasana



Salutation Seal
Anjali Mudra

REVIEW

(Level 1: Preparatory Techniques)



PREVIEW
JEDI YOGA

(Level 2: Basic Techniques)

