



















## Camel Peak Pose: champions of the long-haul journey

 <p style="text-align: center;">Hero</p>	 <p style="text-align: center;">Lotus Mudra</p>	 <p style="text-align: center;">Bridge</p>	 <p style="text-align: center;">Bridge (arms behind)</p>	 <p style="text-align: center;">Bound Angle</p>	 <p style="text-align: center;">Cat Cow</p>
 <p style="text-align: center;">Table Top</p>	 <p style="text-align: center;">Knees Chest Chin</p>	 <p style="text-align: center;">Extended Puppy</p>	 <p style="text-align: center;">Cobra</p>	 <p style="text-align: center;">Lunge (knee on floor)</p>	 <p style="text-align: center;">Half Splits</p>
 <p style="text-align: center;">Gate</p>	 <p style="text-align: center;">Sun Salutations A</p>	 <p style="text-align: center;">Goddess 1</p>	 <p style="text-align: center;">Goddess 6</p>	 <p style="text-align: center;">Sun Salutations B</p>	 <p style="text-align: center;">Chair Modification</p>



Standing Forward  
Bend 4



Crescent Lunge



Dancer



Extended Hand To Big  
Toe 2



Revolved Hand to Big  
Toe Pose



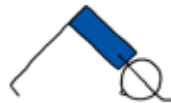
Warrior III Squat



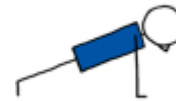
Half Moon Bow



Warrior II



Down Dog



Plank



Child



Hero



Camel Modification



Camel (Half)



Camel



Seated Twist



Supine Block 1



Savasana 1