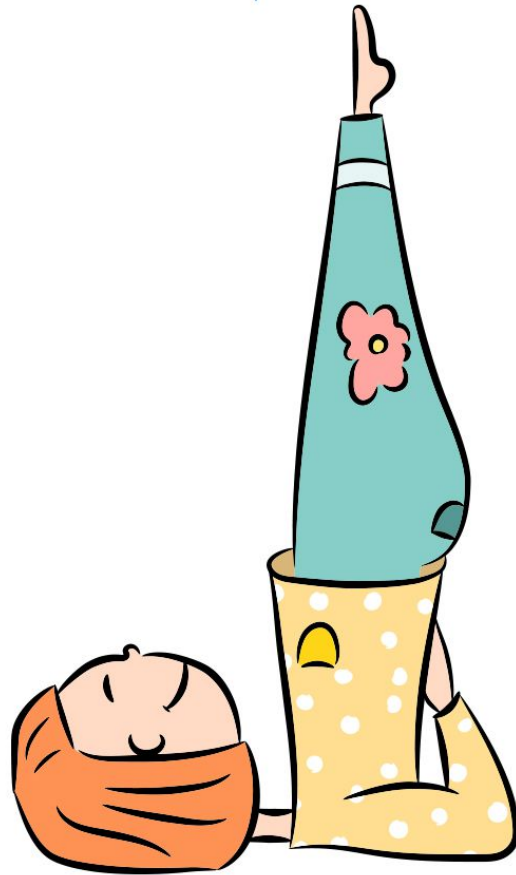


Postura de Rezar



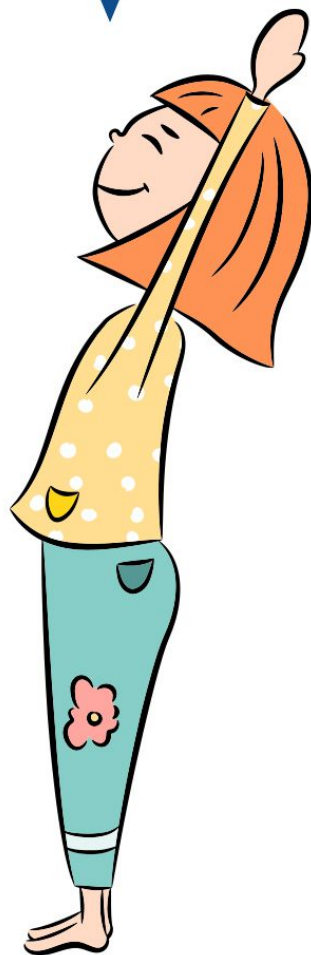
Soporte de hombros



Postura del árbol



Manos levantadas



Postura de la silla



Extensión lateral



Pierna estirada



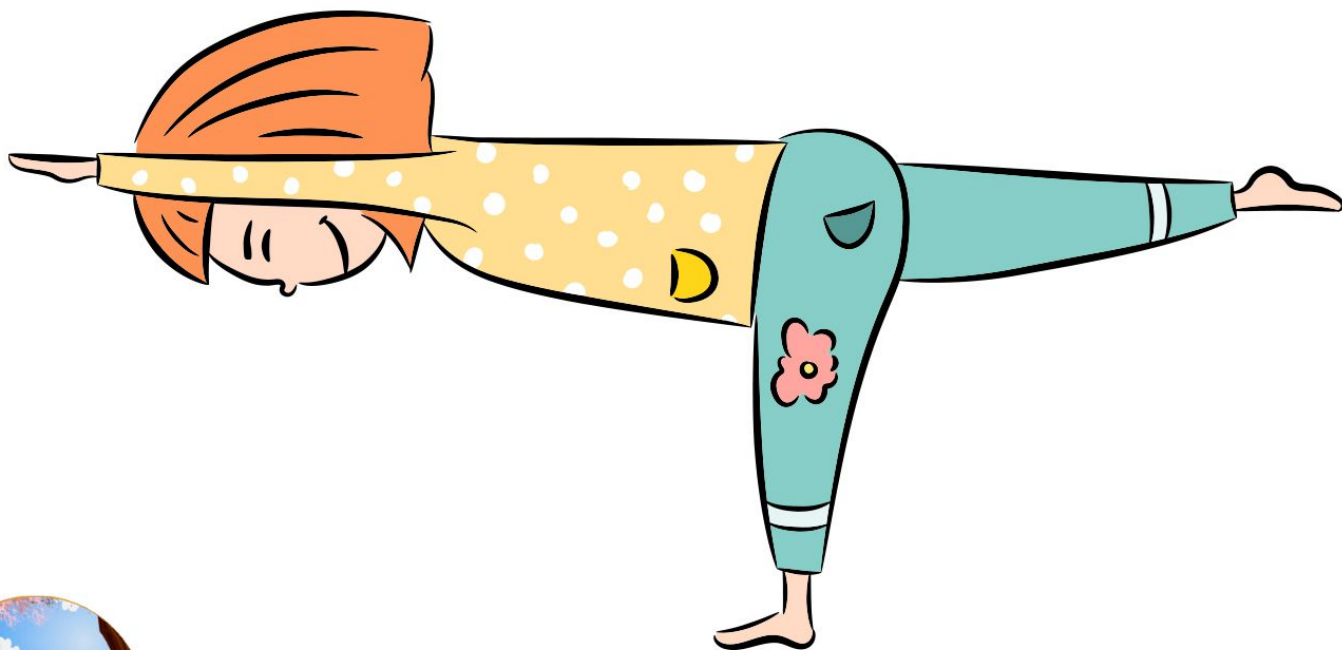
Postura del guerrero I



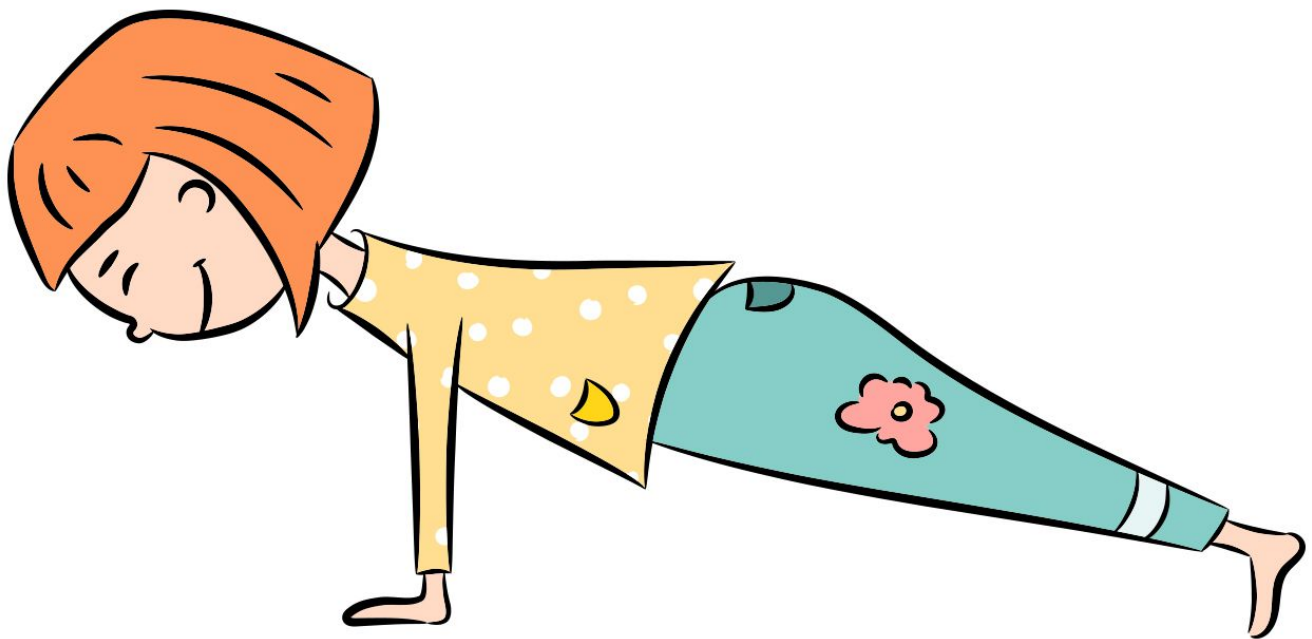
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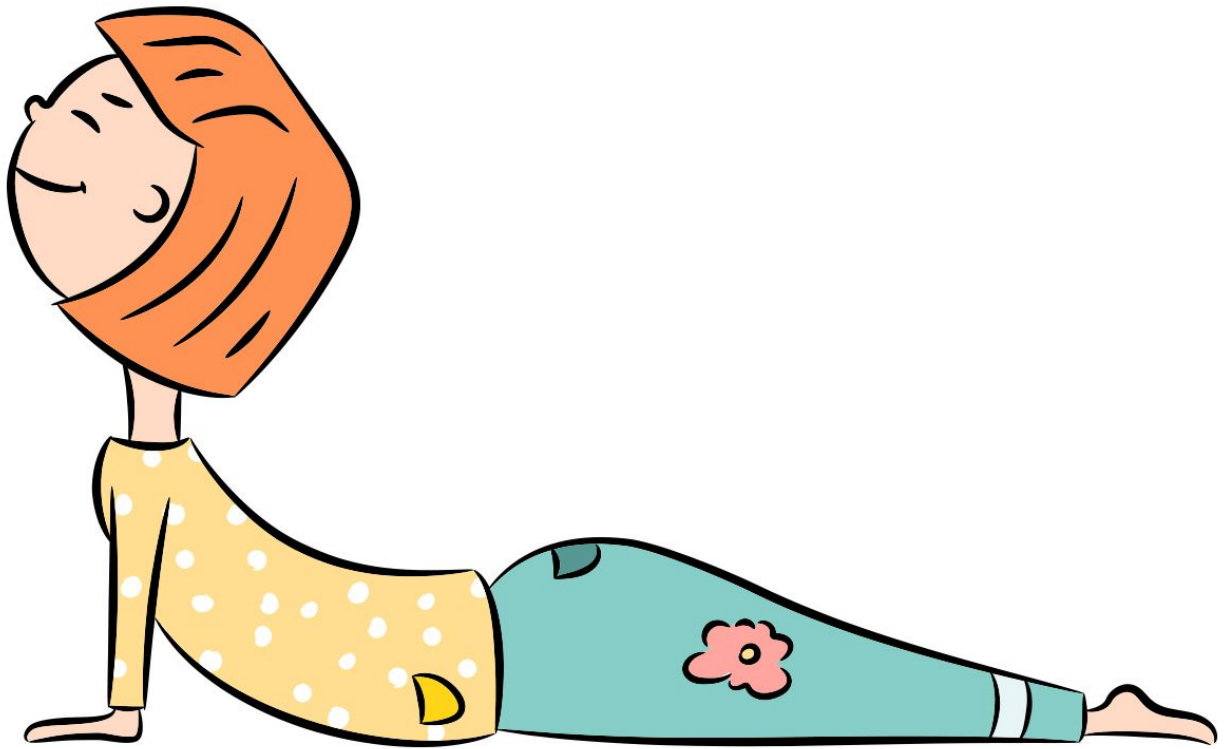
Postura del guerrero III



Postura de la tabla



Postura de la cobra



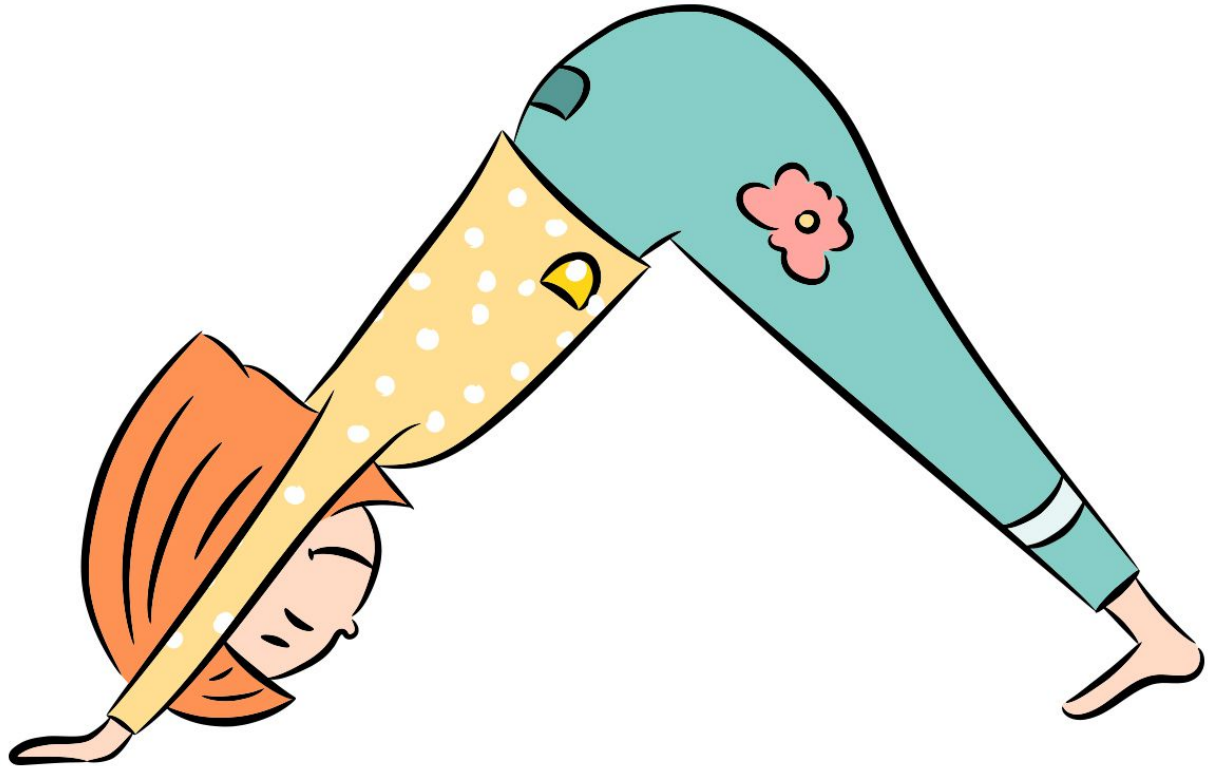
Postura corporal



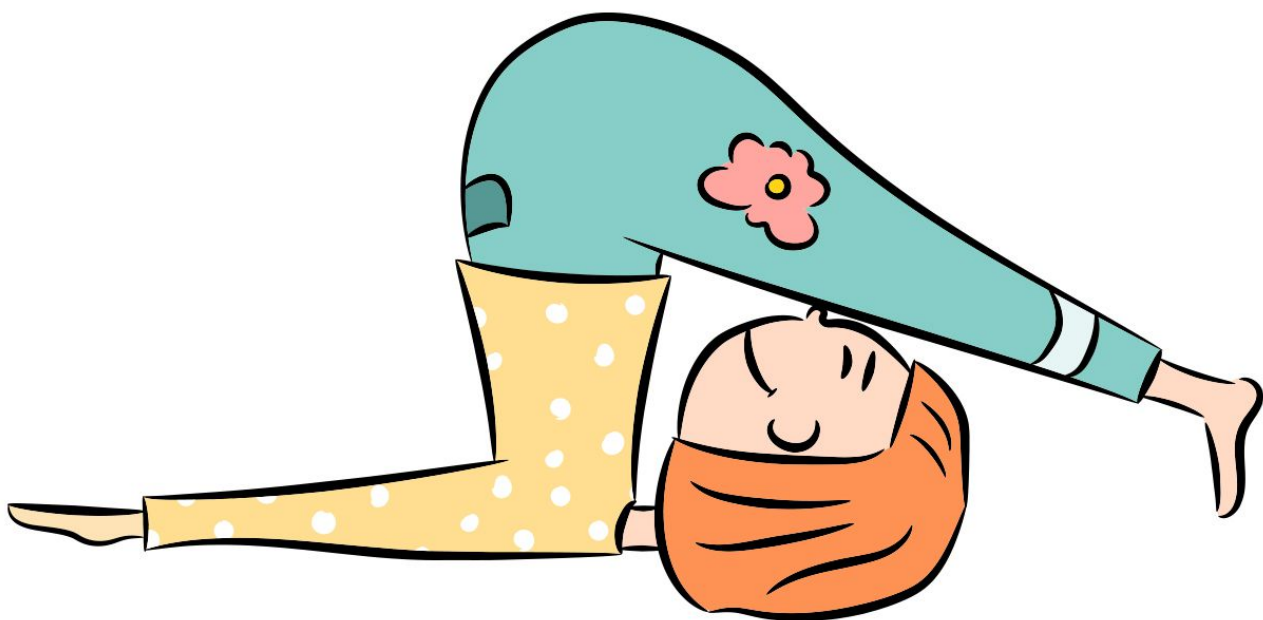
Postura del barco



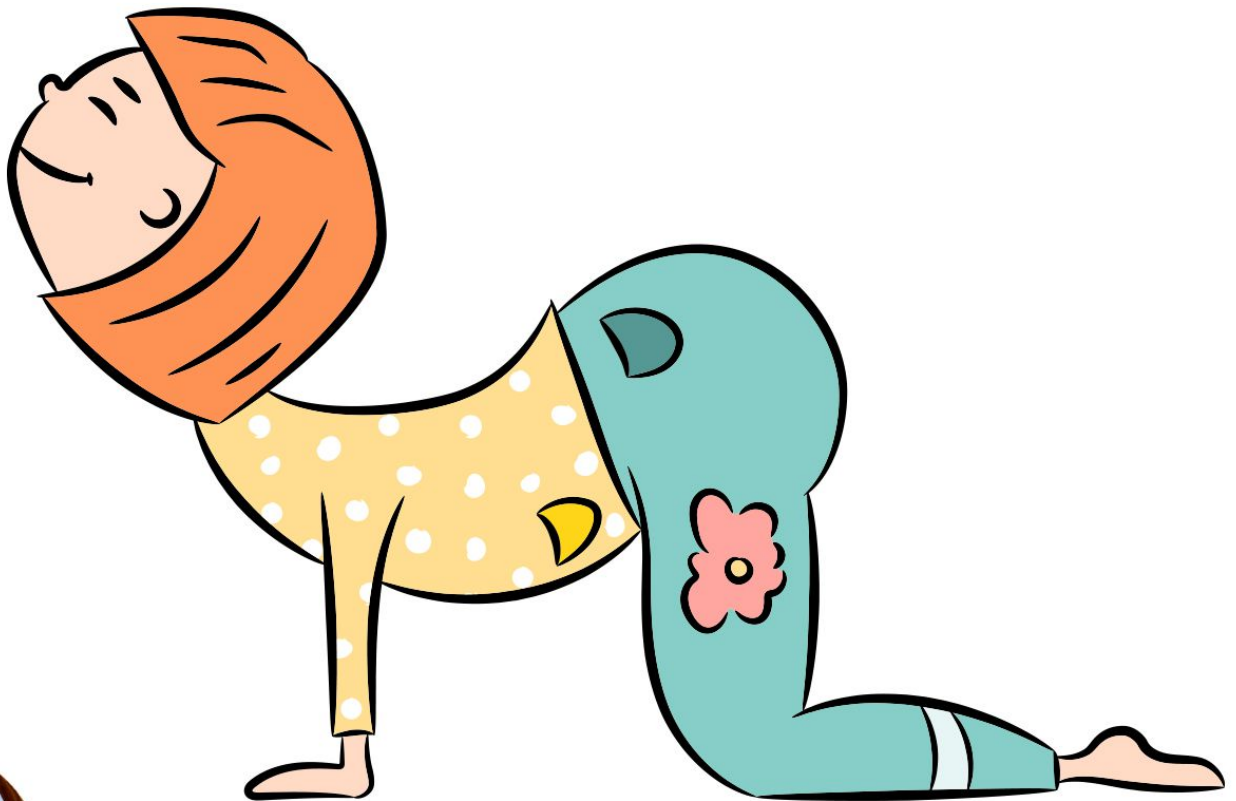
Postura del puente



Postura de arado



Postura de la vaca



Postura del gato



Postura del camello



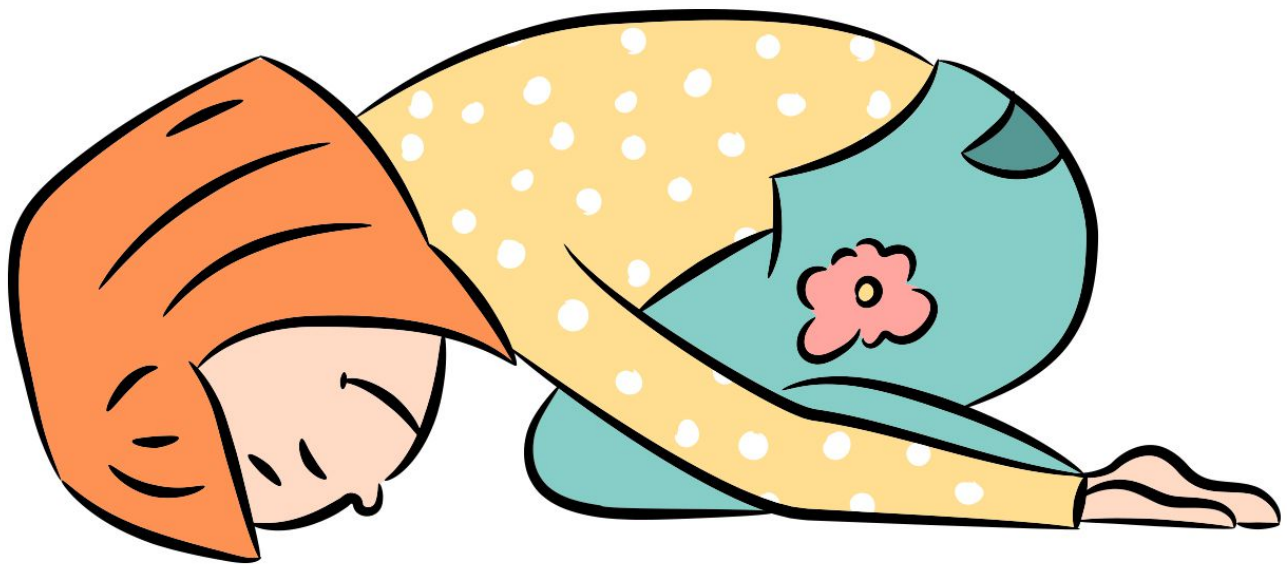
Postura de loto



Inclinación hacia delante



Postura del niño



Postura de zigzag

