



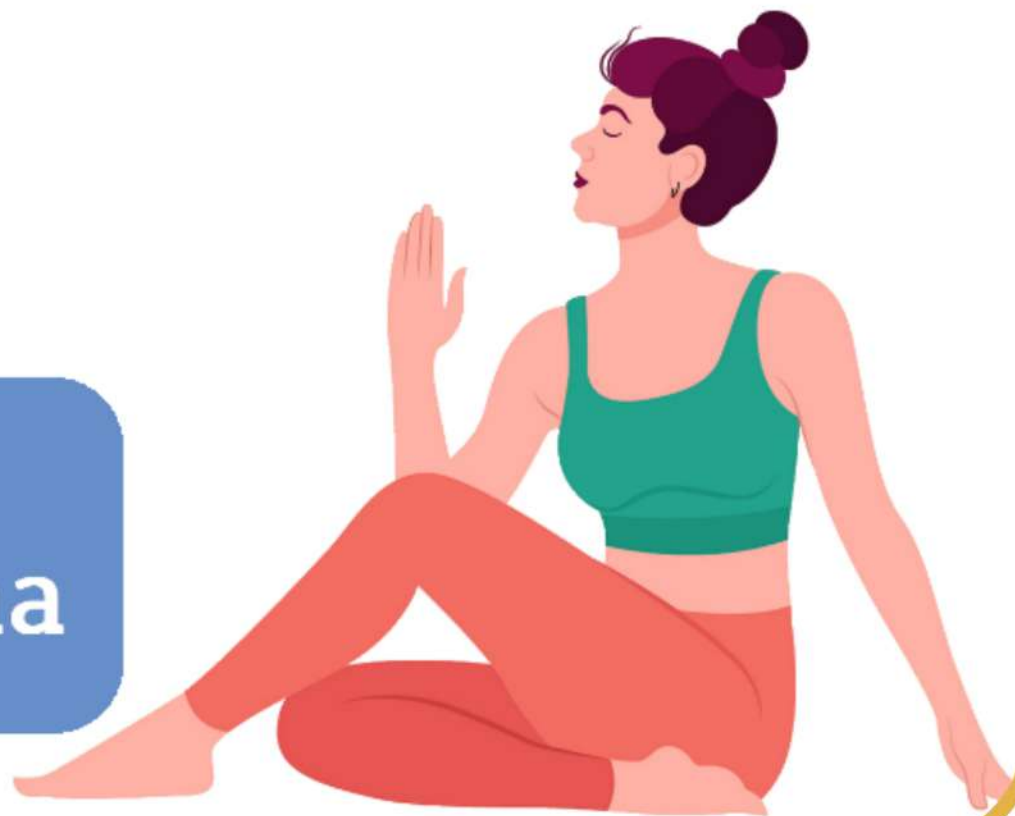
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Elevating Your Practice Beyond Borders



Ardha
Matsyendrasana



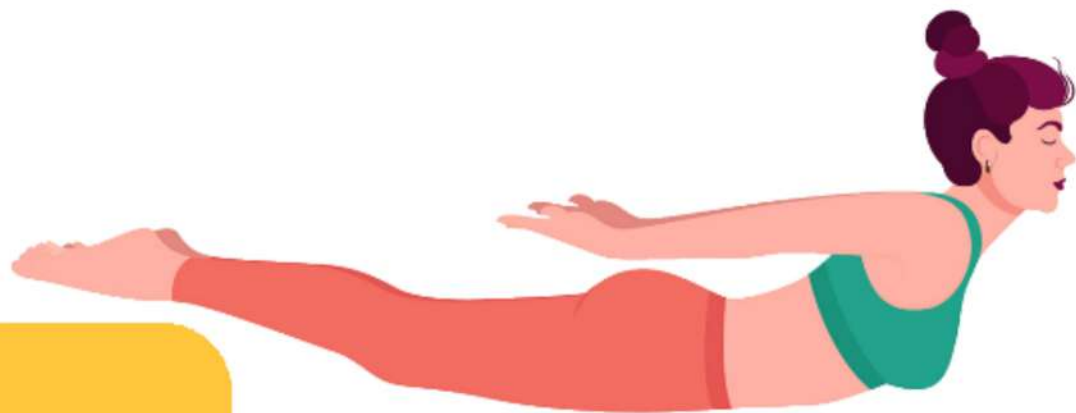
Elevating Your Practice Beyond Borders



Titli Asana



A Curriculum Rich in Tradition and Innovation



Salabhasana

A Curriculum Rich in Tradition and Innovation



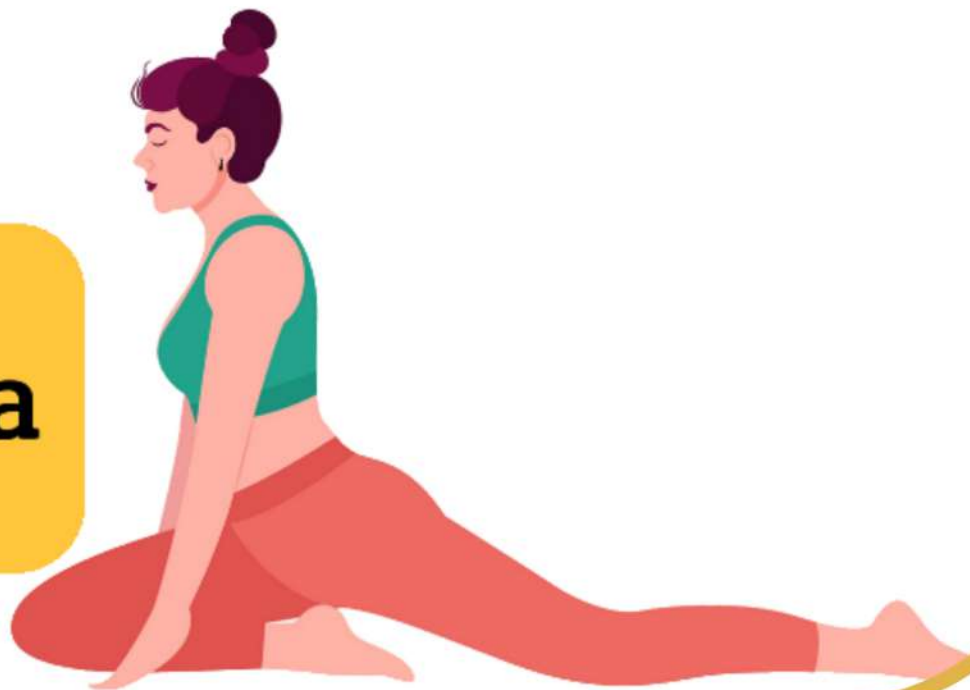
Bhujangasana



A Curriculum Rich in Tradition and Innovation



Rajakapotasana



Community and Career: The Endless Perks



**Adho Mukha
Svanasana**



Community and Career: The Endless Perks



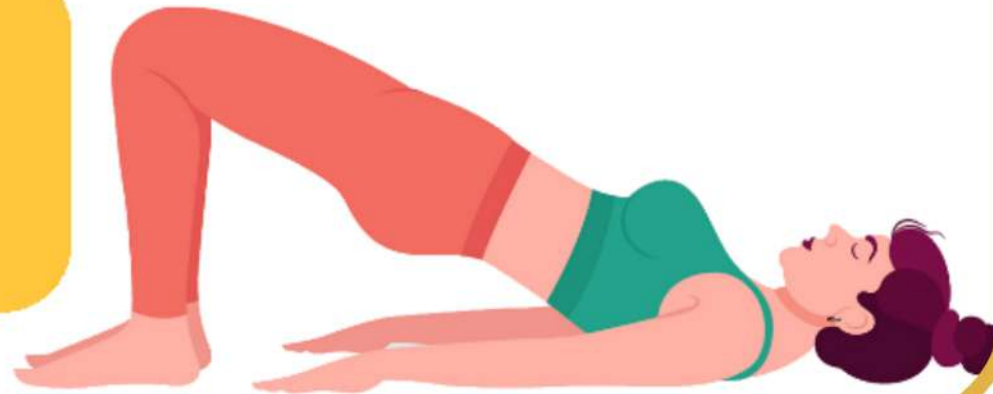
**Salamba
Bhujangasana**



Community and Career: The Endless Perks



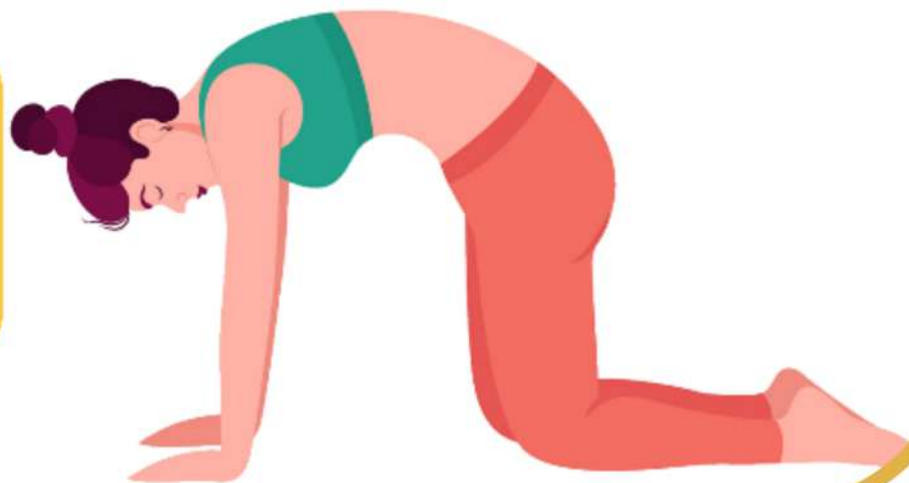
**Setu Bandha
Sarvangasana**



A Journey Worth Every Asana



Marjariasana



A Journey Worth Every Asana



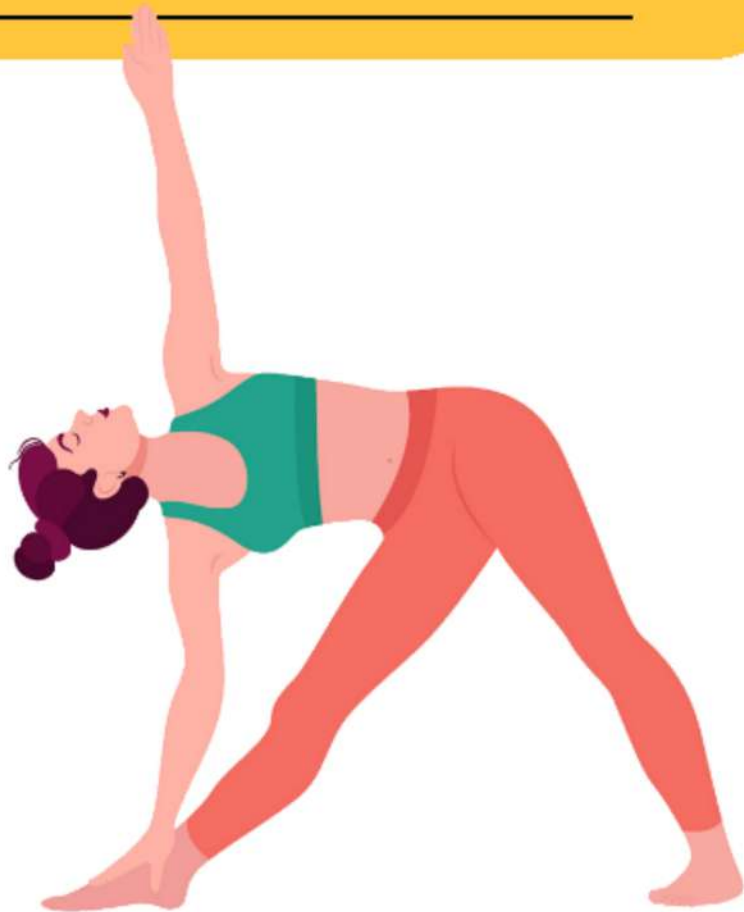
Bitilasana



A Journey Worth Every Asana



Utthita Trikonasana





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