

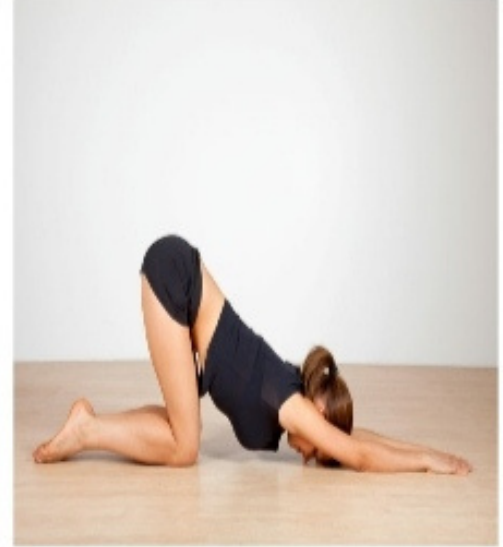
THIRD EYE CHAKRA YOGA POSES



CHILD POSE.



PLANK POSE.



ANAHATASANA

Prasarita Padottanasa aka
Wide Legged Forward Bend



@yogarsutra.com

PRASARITA PADOTTANASA. CHAIR POSE.



Utkattasana aka
Chair Pose

@yogarsutra.com



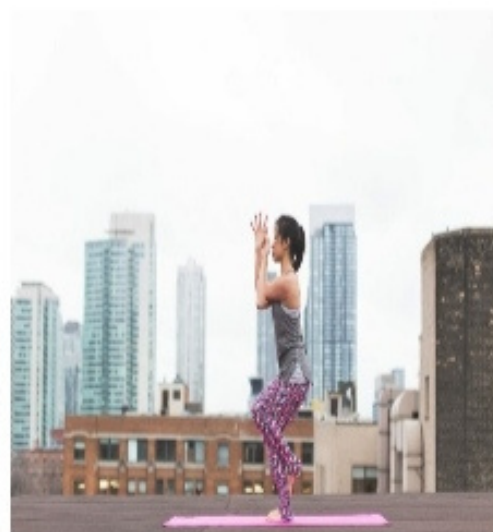
TREE POSE



Warrior III
Yoga Pose

@yogarsutra.com

WARRIOR III.



Eagle Pose.



Crocodile Pose
Makarasana

@yogarsutra.com

CROCODILE POSE