

## Set 3 Poses

<b>Page in Text</b>	<b>Name of Pose</b>
80	Reverse Warrior
84	Side Angle & Extended Angle
82	Triangle & Extended Triangle
86	Bound Angle & Bound Triangle
114	Pyramid
112	Airplane
120	Monkey
118	Gorilla
122	Standing Straddle Splits
130	Standing Back Bend
132	Sunbird