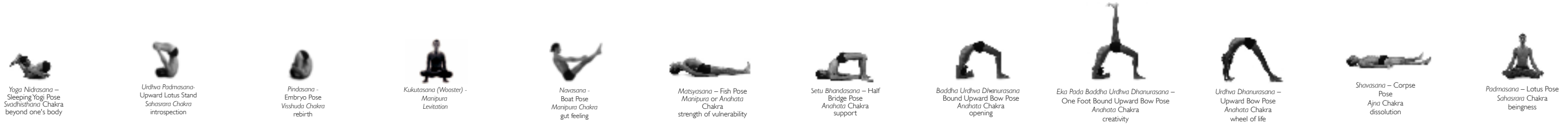


Level 7



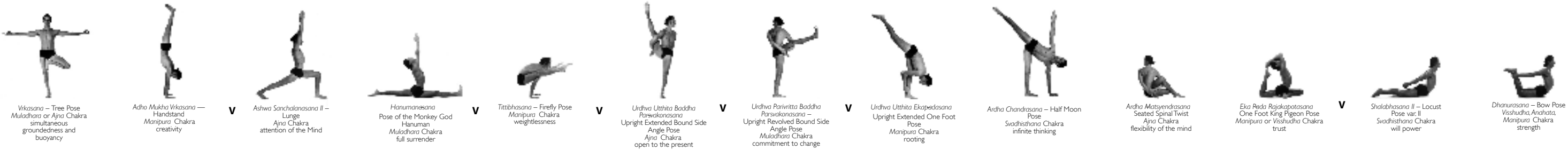
Level 6



Level 5



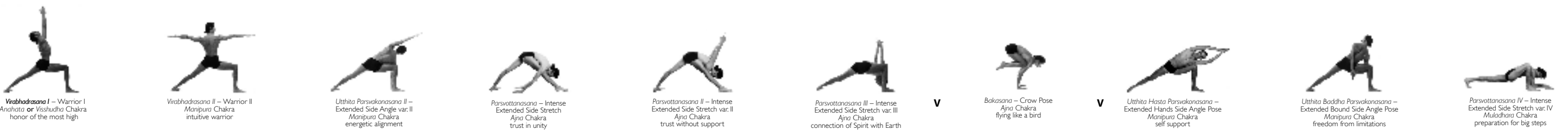
Level 4



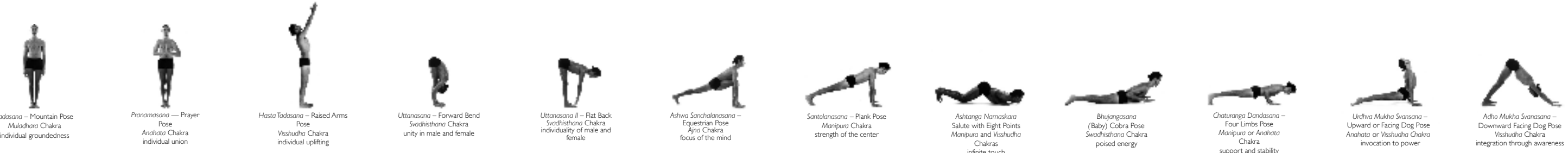
Level 3



Level 2



Level 1



V - Vinyasa Flow = Chaturanga, Upward Facing Dog, Downward Facing Dog