



BUTTERFLY
(BADDHA
KONASANA)



HAPPY BABY
(ANANDA
BALASANA)



TREE
(VRKSHASANA)



TURTLE
(SASANGASANA,
MODIFIED)

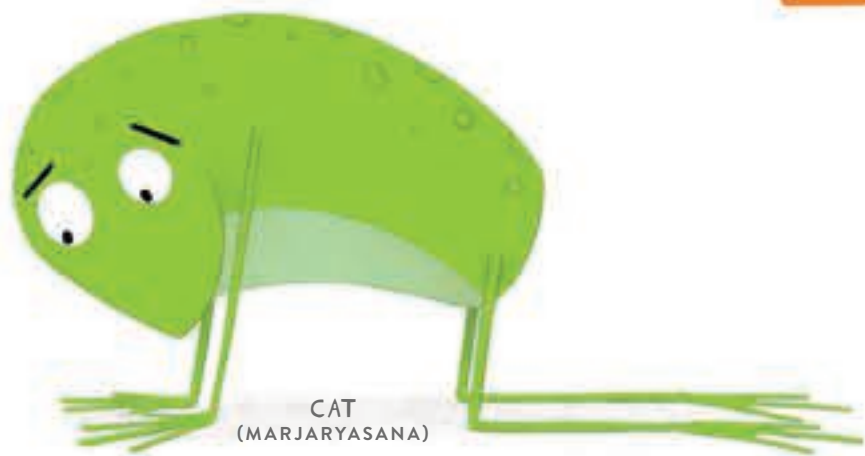


DOWNWARD-
FACING DOG
(ADHO MUKHA
SVANASANA)

YOGA FROG



CRESCENT
MOON
(ASHTA
CHANDRASANA)



CAT
(MARJARYASANA)



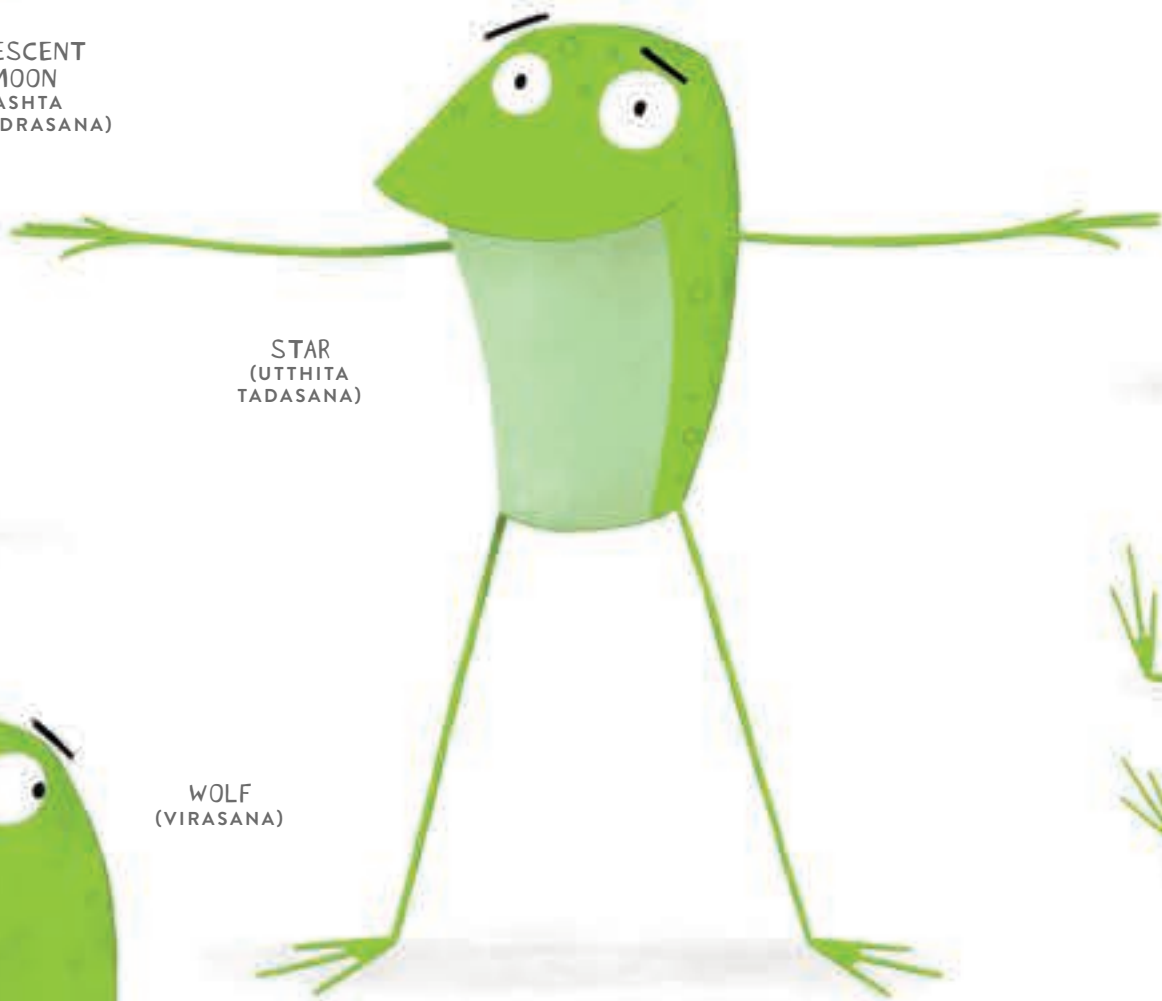
CHAIR
(UTKATASANA)



CATERPILLAR
(ARDHA
MATSYENDRASANA)



GIRAFFE
(VIRABHADRASANA I)



STAR
(UTTHITA
TADASANA)



RESTING POSE
(SAVASANA)



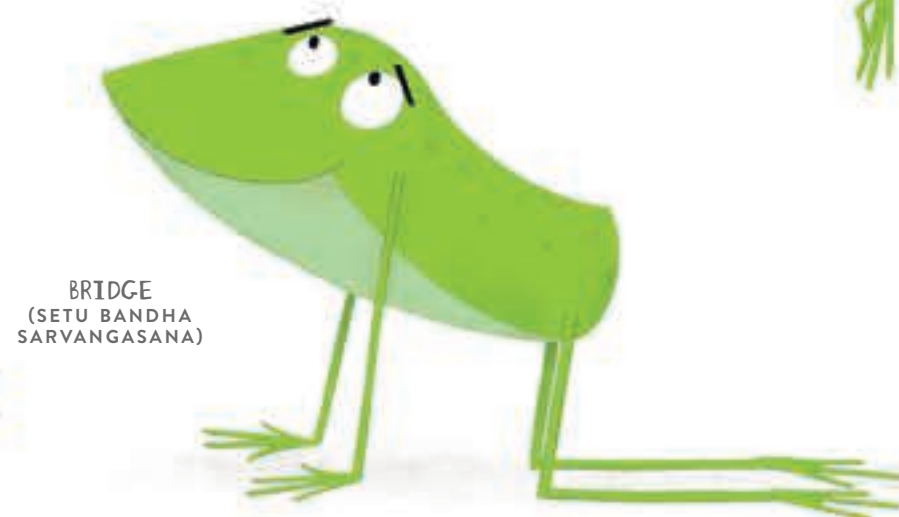
WOLF
(VIRASANA)



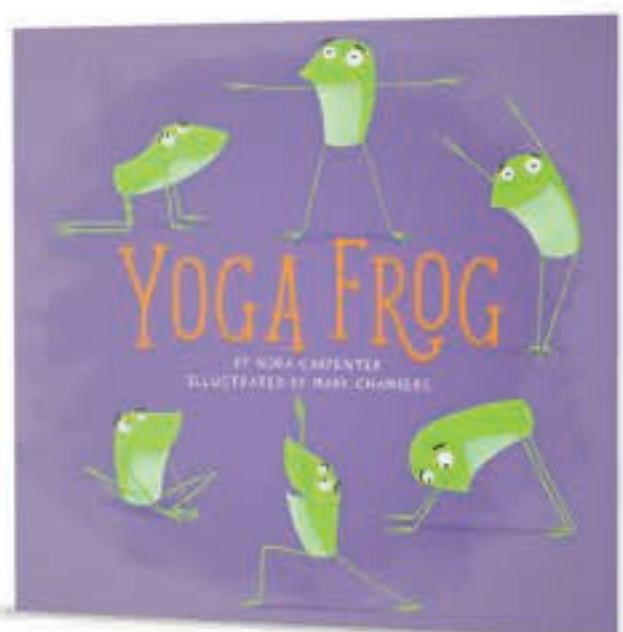
MOUNTAIN
(TADASANA)



BRIDGE
(SETU BANDHA
SARVANGASANA)



BRIDGE
(SETU BANDHA
SARVANGASANA)



YOGA FROG

by Nora Carpenter
Illustrated by
Mark Chambers

ON SALE
May 29, 2018



HAWK IN NEST
(BALASANA)



FISH
(MATSYASANA,
MODIFIED)