

A decorative border surrounds the central text, composed of various colorful, abstract shapes. These include a blue shape with white dots in the top-left, a green shape in the top-center, a yellow shape in the top-right, a pink shape in the top-right, a teal shape with white dots in the top-right, a yellow shape in the middle-right, a purple shape in the middle-right, a teal shape in the middle-right, a pink shape in the bottom-right, a red shape with white dots in the bottom-right, a teal shape in the bottom-center, a blue shape with white dots in the bottom-left, a green shape in the bottom-left, and a red shape in the middle-left.

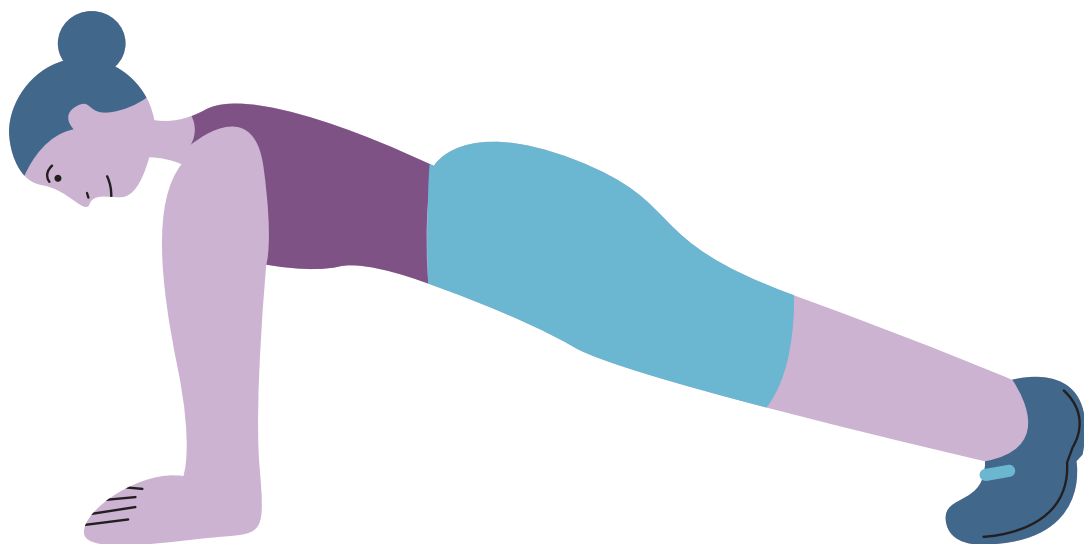
Shapes

This resource can be used in conjunction with the Shapes + pdf. It can also be used as a standalone resource. The shapes contained in this document are poses that are to be held for a number of seconds.

Dish



Front Support



Back Support



Squat



V Balance



Arch

