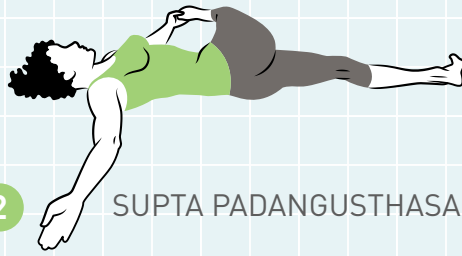
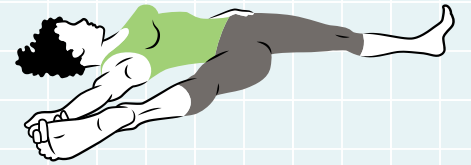


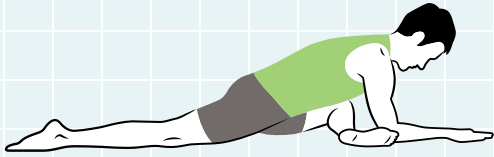
1 SUPTA PADANGUSTHASANA A



2 SUPTA PADANGUSTHASANA B



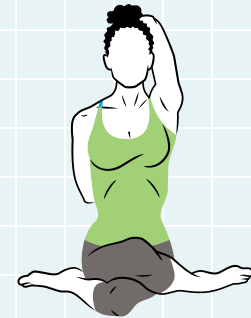
3 SUPTA PADANGUSTHASANA C



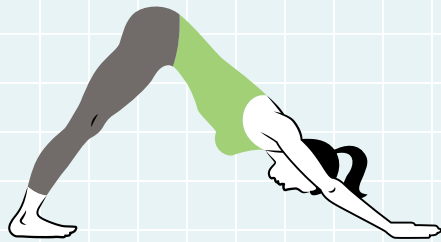
4 PIGEON POSE



5 ANKLE TO KNEE POSE



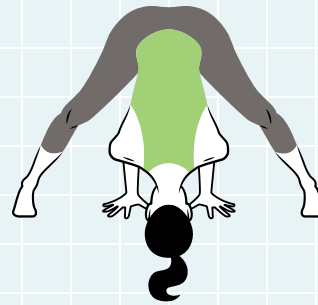
6 GOMUKHASANA



7 ADHO MUKHA SVANASANA



8 UTTANASANA



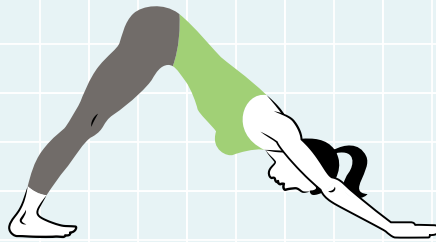
9 PRASARITA PADOTTANASANA



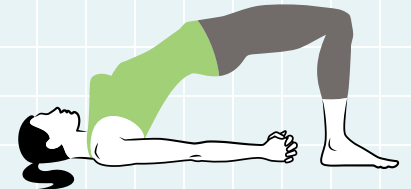
10 SALAMBA SIRSASANA



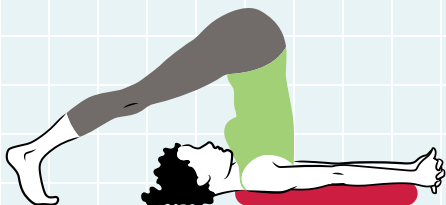
11 BALASANA



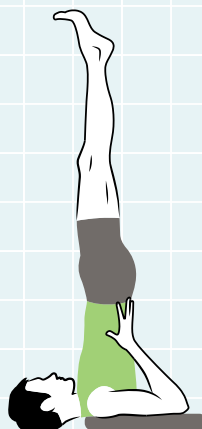
12 ADHO MUKHA SVANASANA



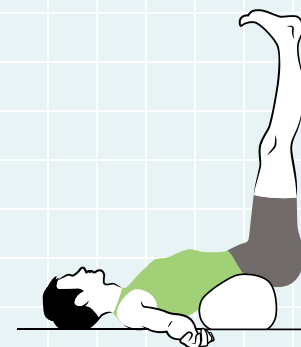
13 SETU BANDHA SARVANGASANA



14 HALASANA



15 SALAMBA SARVANGASANA



16 VIPARITA KARANI