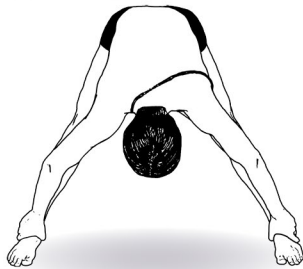
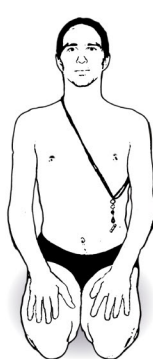


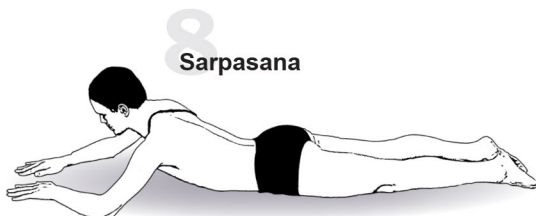
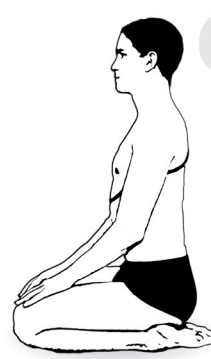
4
Prasarita padottanasana



5
Namaskarasana



6
Vajrasana



9
Sasankasana



10
Ardha kurmasana



12
Yoga Mudra in Vajrasana

