

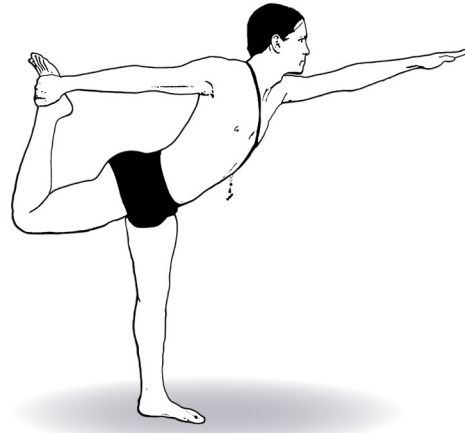
1 Utthita Vayu Muktyasana



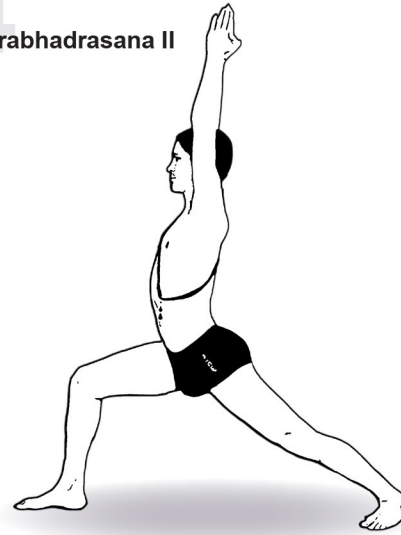
2 Vriksasana



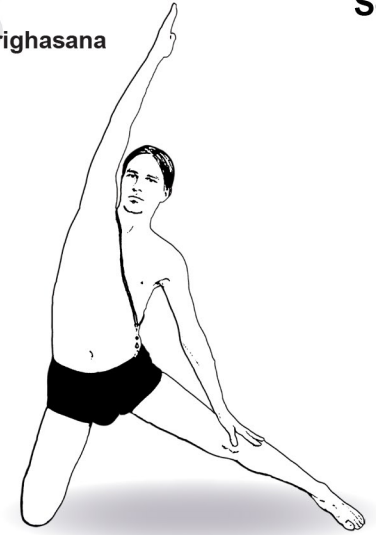
3 Parsva Natarajasana



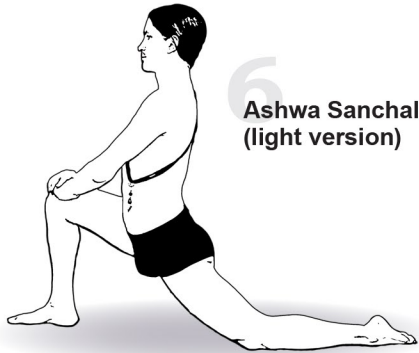
4 Virabhadrasana II



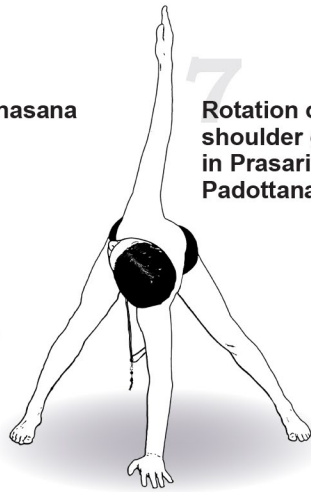
5 Parighasana



6 Ashwa Sanchalanasana (light version)



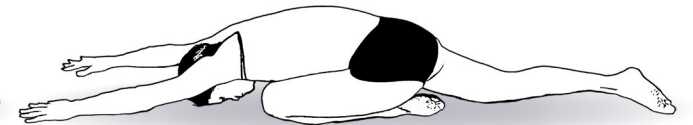
7 Rotation of the shoulder girdle in Prasarita Padottanasana



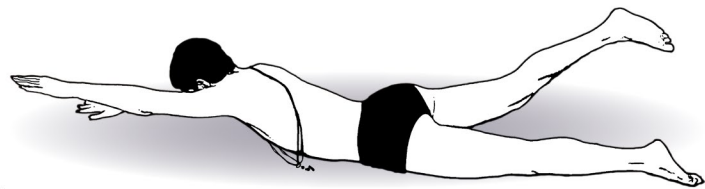
8a Hamsasana a



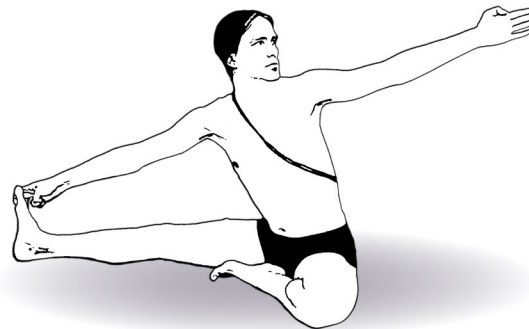
8b Hamsasana b



9 Ardha Navasana



10 Parsva Janu Sirsasana



11 Ardha paschimottasana 12 Sukhasana

