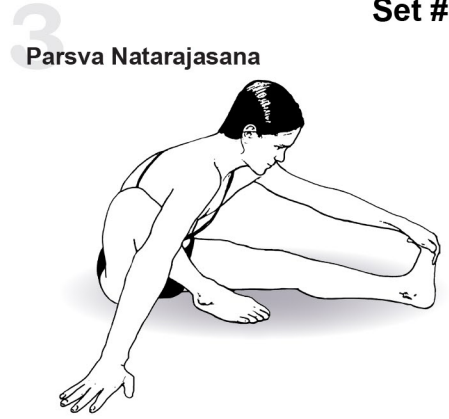


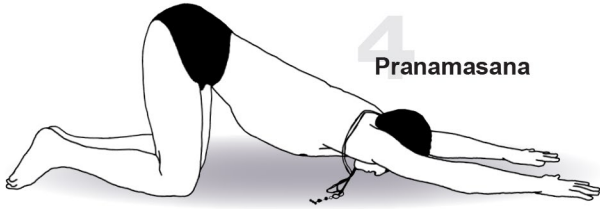
1 Dandasana



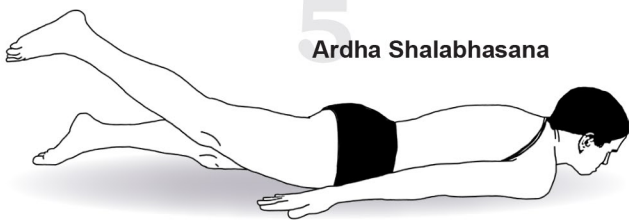
2 Staff pose with right leg up



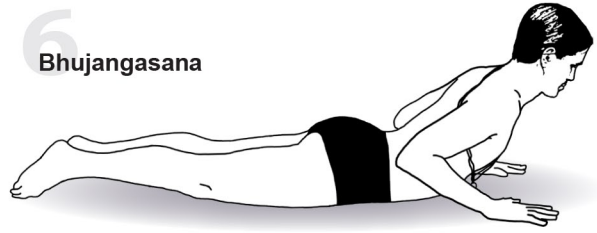
3 Parsva Natarajasana



4 Pranamasana



5 Ardha Shalabhasana



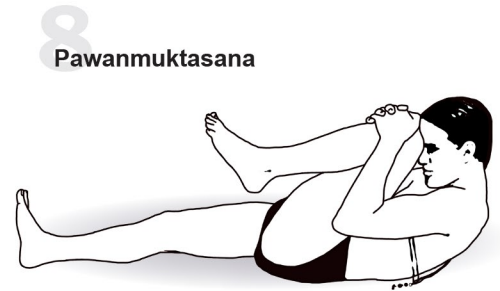
6 Bhujangasana



7a Urdhva Prasarita Padasana (a)



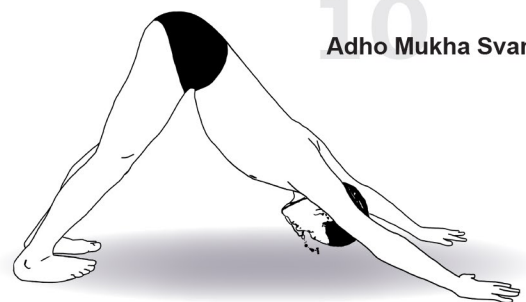
7b Urdhva Prasarita Padasana (b)



8 Pawanmuktasana



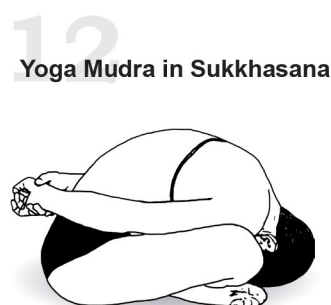
9 Ardha Parivrita Nakrasana



10 Adho Mukha Svanasana



11 Ardha Matsyendrāsana



12 Yoga Mudra in Sukkhasana