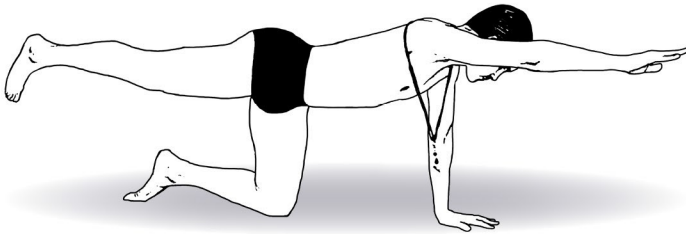
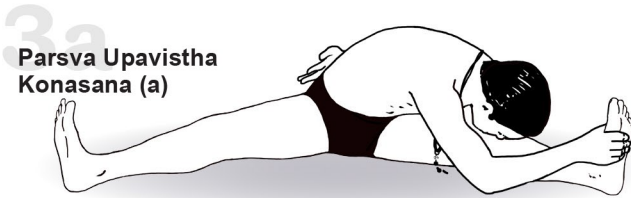


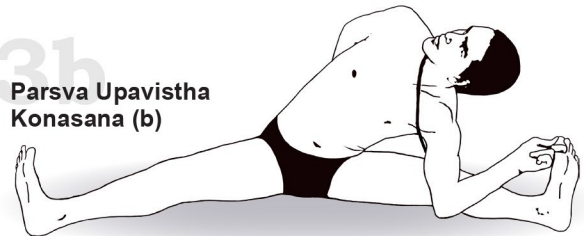
1
Pranama Kriya in Vajrasana



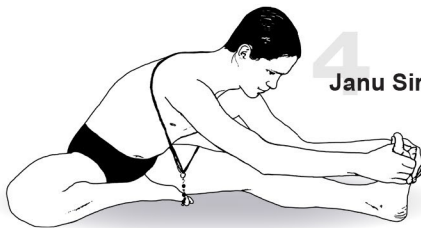
2
Marjariasana
with "one side" hand and leg stretch



3a
Parsva Upavistha
Konasana (a)



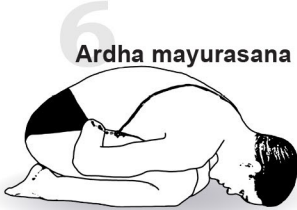
3b
Parsva Upavistha
Konasana (b)



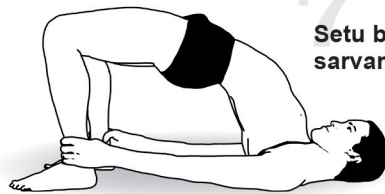
4
Janu Sirsasana



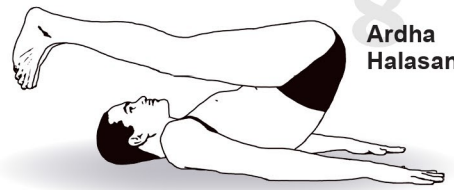
5
Makarasana



6
Ardha mayurasana



7
Setu bandha
sarvangasana



8
Ardha
Halasana



9
Matsyasana with straight legs



10
Ardha Matsyendrasana



11
Gorakshasana



12
Mandukasana