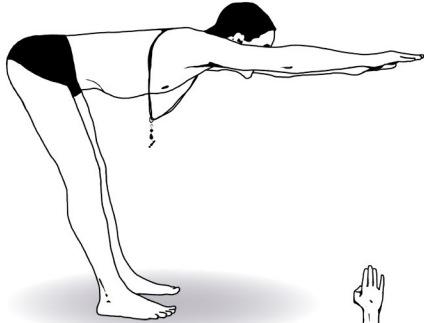




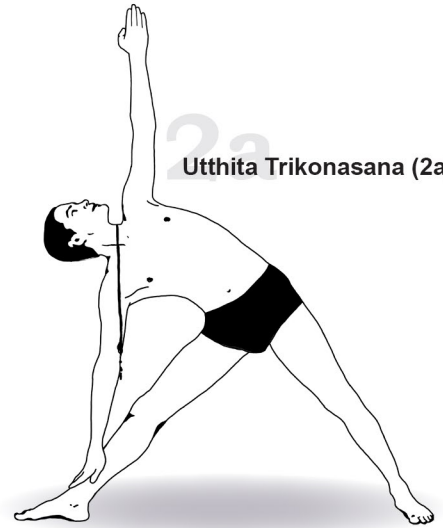
Utkatasana (1a)



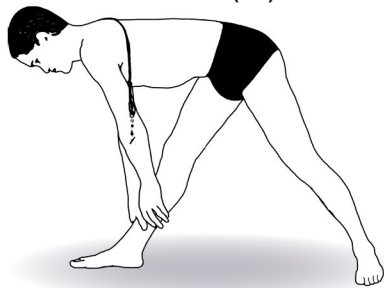
Ardha Uttanasana (1b)



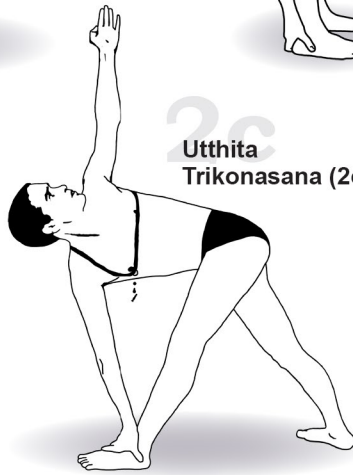
Uttanasana (1c)



Utthita Trikonasana (2a)



Utthita Trikonasana (2b)



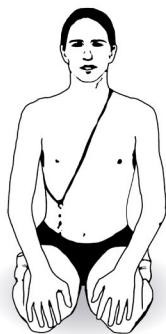
Utthita Trikonasana (2c)



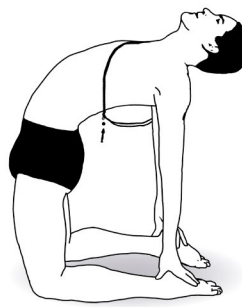
Parsvakonasana



Garudasana



Virasana



Ustrasana



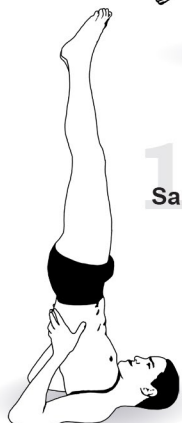
Baddha Konasana



Naukasana



Upavistha Konasana



Sarvangasana



Viparita Karani



Ardha Padmasana