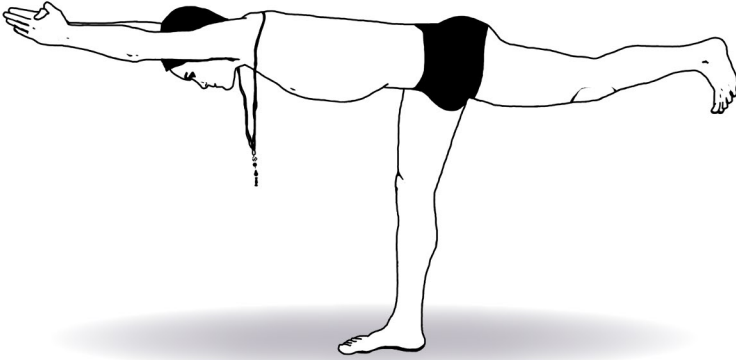
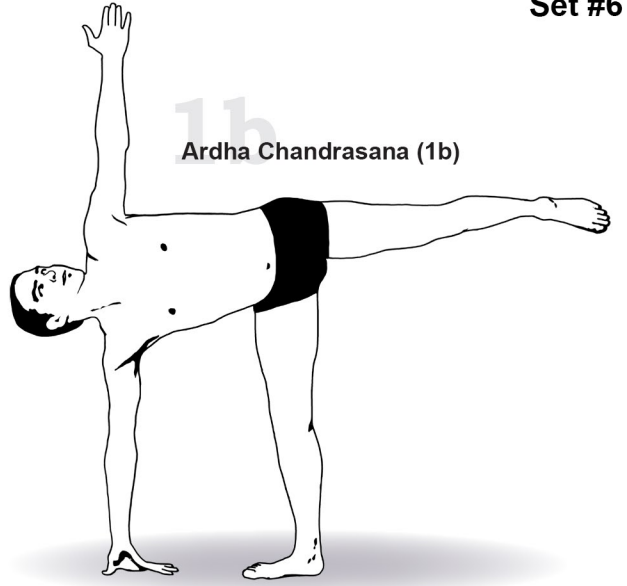


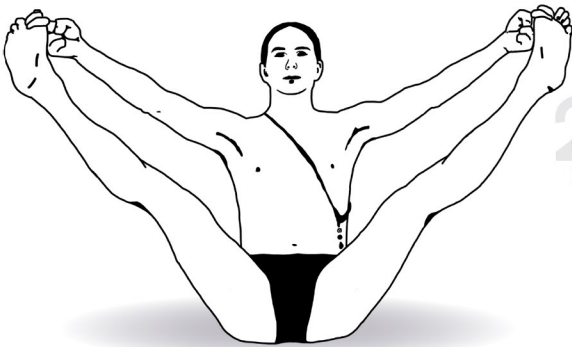
1a
Ardha Chandrasana (1a)



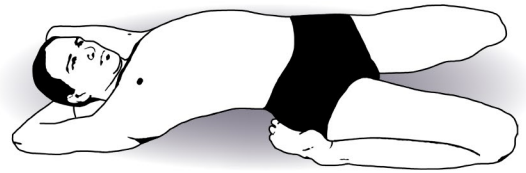
1b
Ardha Chandrasana (1b)



2
Upavistha
Konasana (vertical)



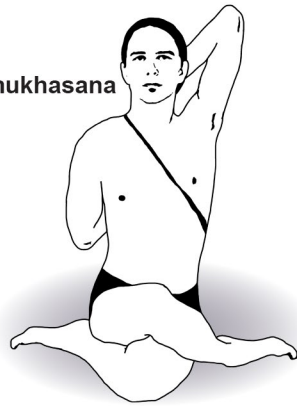
3
Supta Virasana



4
Ardha Malasana



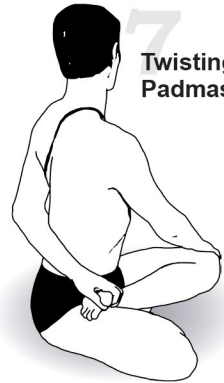
5
Gomukhasana



6
Ardha Baddha
Padma Paschimottanasana



7
Twisting in Ardha
Padmasana



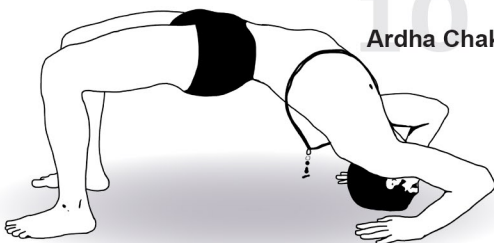
8
Salabhasana



9
Paripurna Navasana



10
Ardha Chakrasana A



11
Karnapidasana



12
Paschimottanasana

