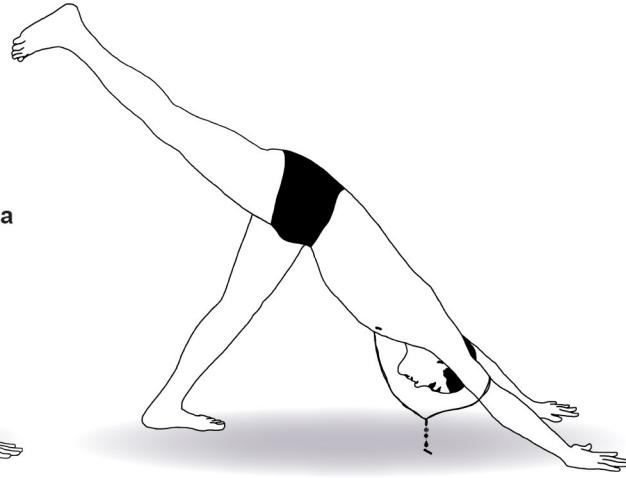


1
Adho Mukha Kriya



2
Bhekasana



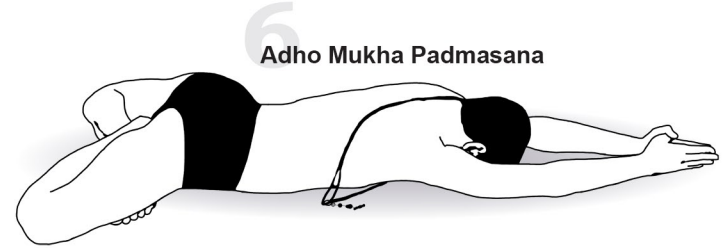
3
Bakasana



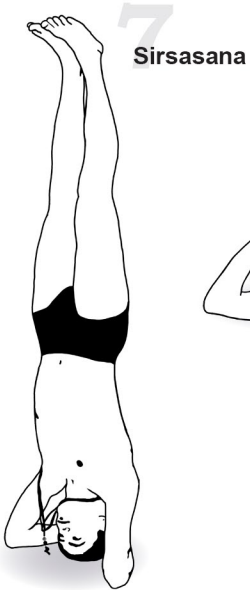
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Astavakrasana



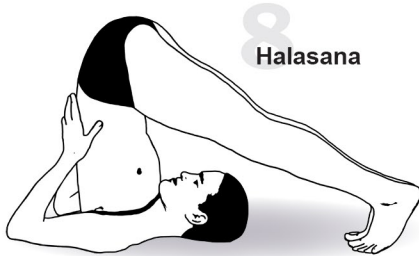
5
Mayurasana



6
Adho Mukha Padmasana



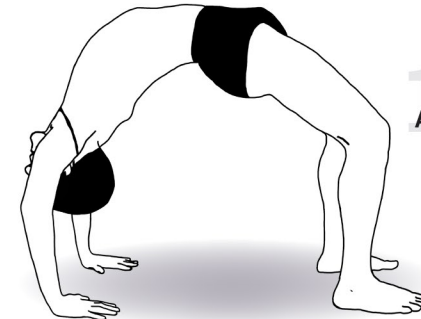
7
Sirsasana



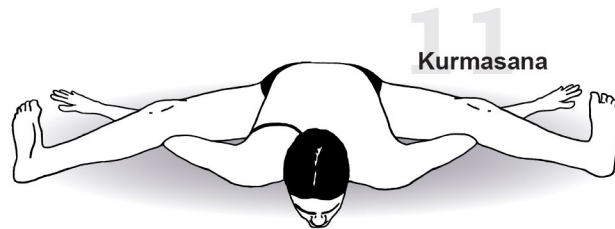
8
Halasana



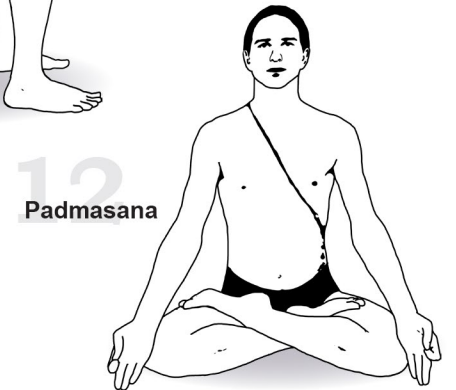
9
Matsyasana



10
Ardha Chakrasana B



11
Kurmasana



12
Padmasana