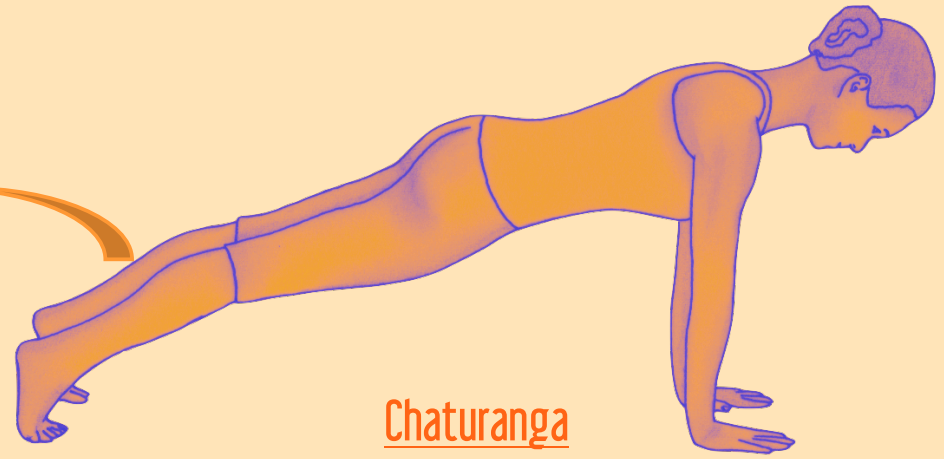
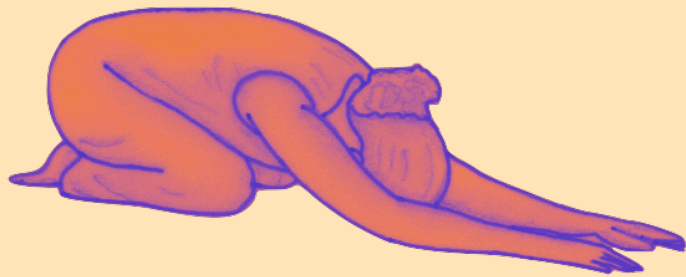
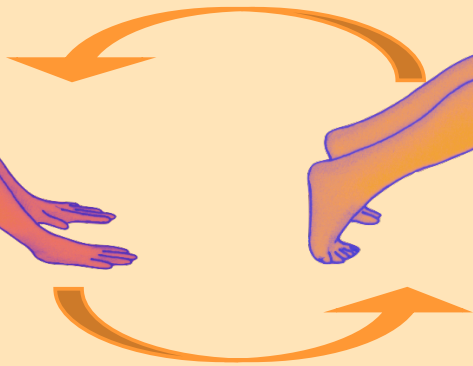




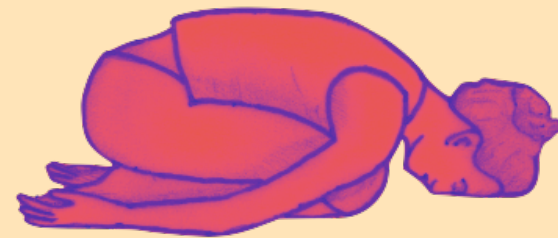
Adho mukha svanasana



Chaturanga



Utthita balasana



Balasana