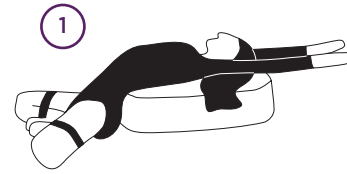




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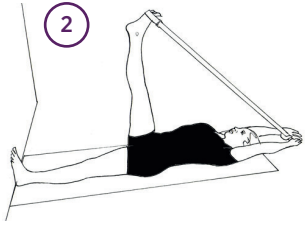


Supta Baddha Konasana

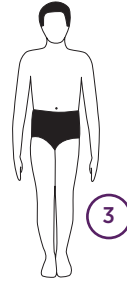
oppure



Supta Virasana



Supta Padangusthasana 1



Tadasana



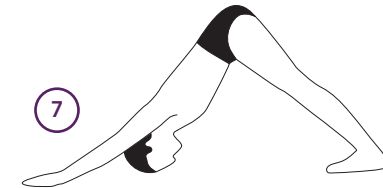
Uttanasana



Adho Mukha Svanasana



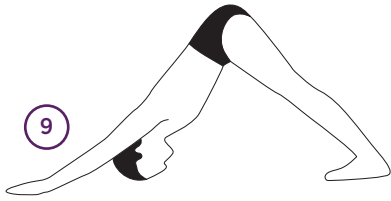
Uttanasana



Adho Mukha Svanasana



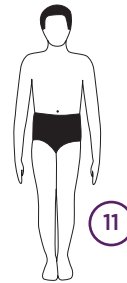
Uttanasana



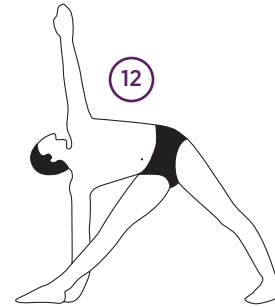
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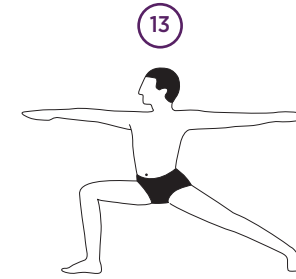
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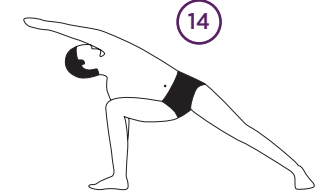
Tadasana



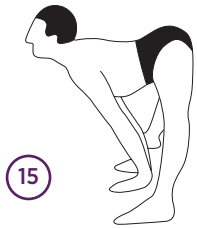
Utthita Trikonasana [x2]



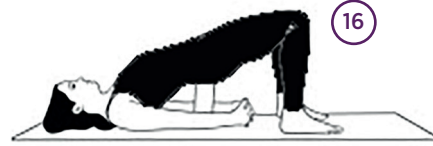
Virabhadrasana 2 [x2]



Utthita Parsvakonasana [x2]



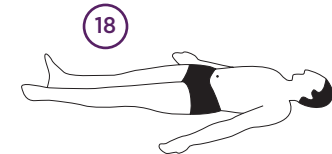
Prasarita Padottanasana



Setu Bandha Sarvangasana



Viparita Karani



Shavasana