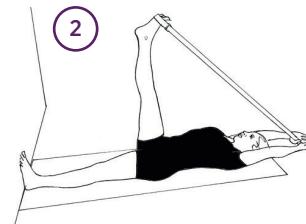




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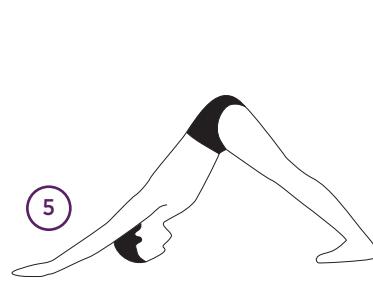
Supta Padangusthasana 1



Tadasana



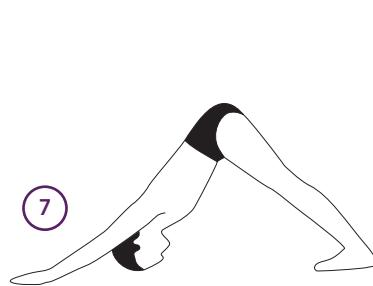
Uttanasana



Adho Mukha Svanasana



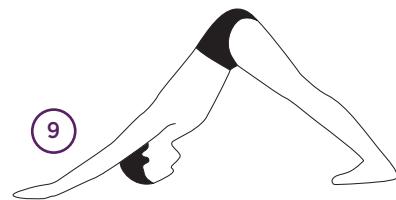
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Adho Mukha Svanasana



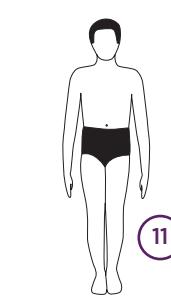
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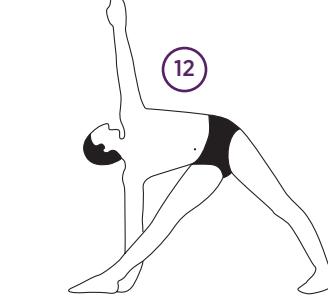
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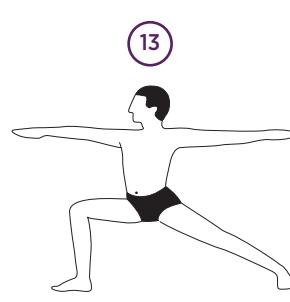
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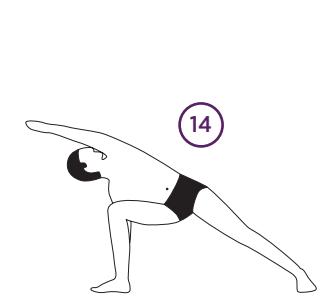
Tadasana



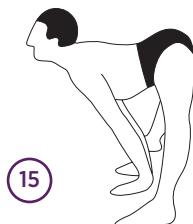
Utthita Trikonasana [x2]



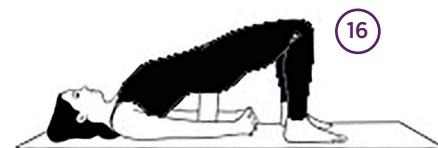
Virabhadrasana 2 [x2]



Utthita Parsvakonasana [x2]



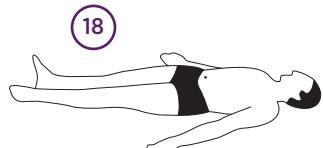
Prasarita Padottanasana



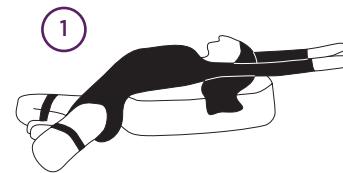
Setu Bandha Sarvangasana



Viparita Karani



Shavasana



oppure



Supta Virasana