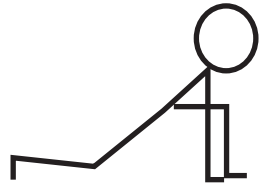
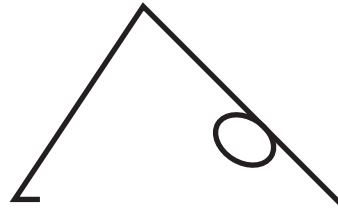


Marjariasana



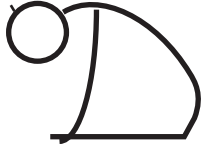
Banarasana (low)



Adho Mukha Svanasana



Balasana



Ustrasana