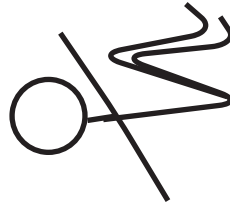




Apanasana



Apanasana & Leg Lift



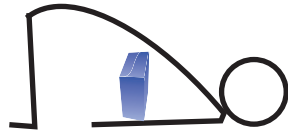
Jathara Parivartanasana



Savasana



Setu Bhandasana



Setu Bhandasana  
(supported)