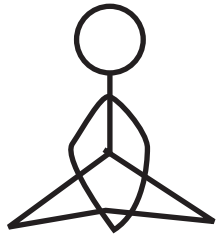


Upavishta Konasana



Baddha Konasana



Bharadvajasana
(in a Chair)