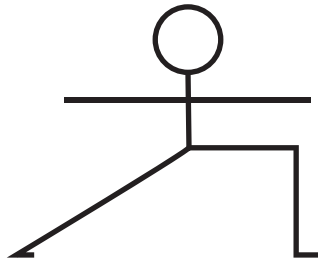
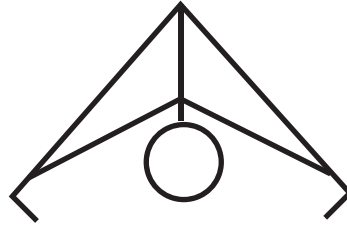


Virabhadrasana 1



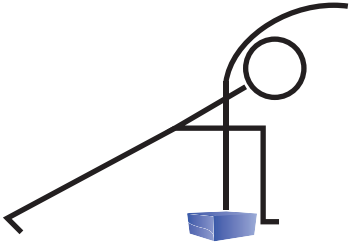
Virabhadrasana 2



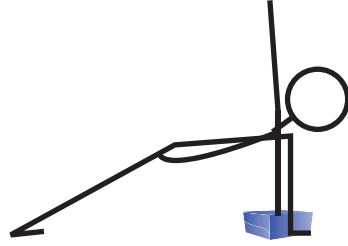
Prasarita Padottanasana



Tadasana



Utthita Parshvakonasana



Parivrtti Parshvakonasana