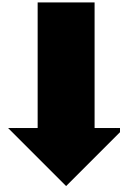
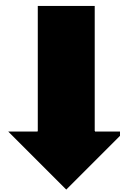


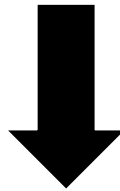
(from Tadasana) sankalpa chant & swan dive



Uttan Pristhasana + parivrta
(& Adho Mukha Svanasana + parivrta)



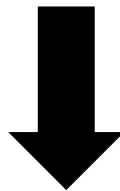
Shashankasana → Crab



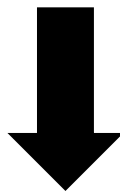
Ardha Matsyendrasana → Gomukhasana → (baby) Maksikanagasana



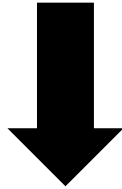
Catur Svanasana → Makara Adho Mukha Svanasana → Sarpasana



Shashankasana → Varahasana → Parsva Bakasana



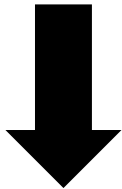
Shashankasana



Ardha Hanumanasana



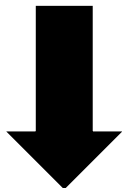
Krounchasana



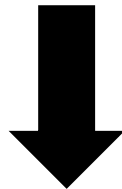
Simhasana



Bhramari Pranayama



Supta Kapotasana



Savasana