



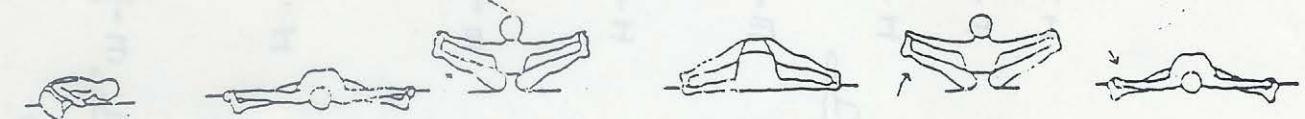
DHANURASANA PASCHIMOTTANASANA A, B, C PURVOTTANASANA ARDHA BADDHA PASCHIMOTTANASANA TIBIANG MUKHA IKA PADA PASCHIMOTTANASANA



JANU SIRSASANA A, B, C MARICHYASANA A, B, C, D NAVASANA (x 5)



BHUJANGASANA A, B KURMASANA SUPTA KURMASANA GARBHA PINDASANA KUKKUTASANA

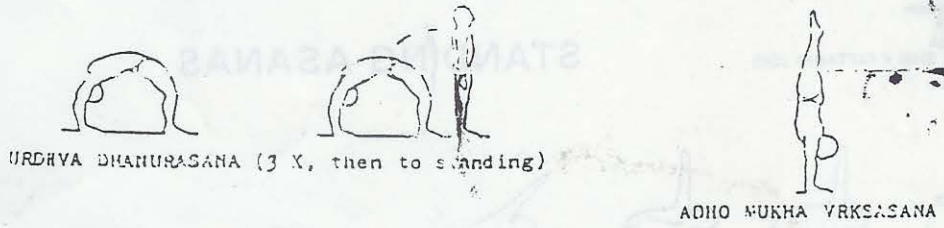


BADDHA KONASANA UPAVISTHA KONASANA A, B SUPTA KONASANA A, roll up, then B



BHUJANGASANA A, B UBHAYA PADANGUSTASANA URDVA MUKHA PASCHIMOTTANASANA SETU BANDHASANA

BACK BENDING



URDVA DHANURASANA (3 X, then to standing) ADHO MUKHA VRKSASANA

FINISHING POSTURES



PASCHIMOTTANASANA SAVASANA SALAMBA SARVANGASANA HALASANA KARNAPIDASANA URDVA PADMASANA PINDASANA



BHUJANGASANA UTTANA PADASANA SIRSASANA URDVA DANDASANA DHANURASANA



BHUJANGASANA BADDHA PADMASANA PADMASANA TOLASANA SAVASANA