

10) Dhanurāsana (Bow)



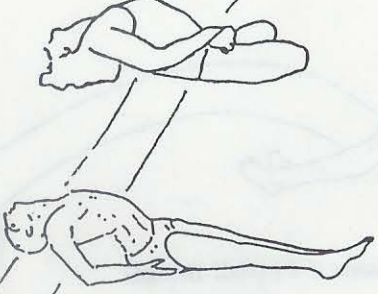
11) Uṣṭrāsana (VP) (Camel)



12) Shashank Mudra (VPK) (Rabbit)



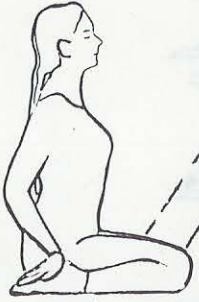
13) Sālamba Sarvāṅgāsana (VPK) (Shoulderstand)



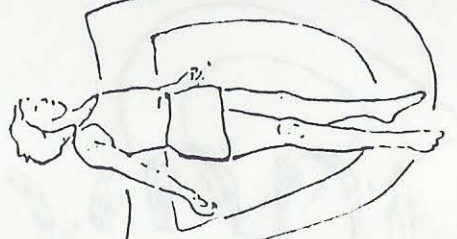
14) Matsyāsana (PK) (Fish)



15) Crocodile Twist



19) Meditation seated in Virāsana (VP) (Hero)
So-Hum Meditation w/inhalation rising up the front of the spine
recommended



20) Śavāsana (Corpse)

18) Shitali Pranayama (Cooling Breath) or Left-Nostril Breathing (12 times)

17) Short Rest



16) Jānu Śīrśāsana (VPK) (Head-to-Knee)