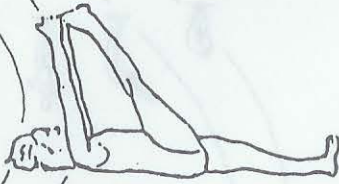
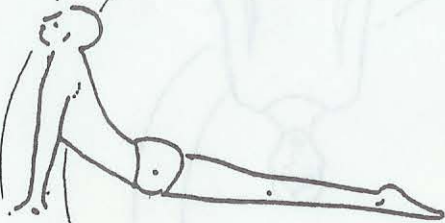


10) Supta Vajrāsana (Knee-to-Chest)



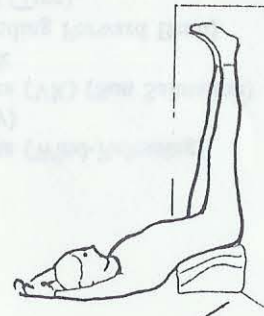
11) Supta Pādāṅguṣṭhāsana (VP) (Reclining Hand-to-Toe)



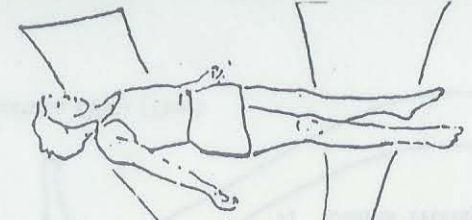
12) Bhujāṅgāsana (VP) (Cobra)



13) Shashank Mudra (VPK) (Rabbit)



14) Viparita Karāṇi (VPK) (Inverted)



19) Śavāsana (Corpse)



18) Meditation seated in Siddhāsana (Accomplished)
So-Hum Meditation w/Psychic Breathing recommended

17) Nadi Shodhana Pranayama (Alternate Nostril) (10 rounds)

16) Short Rest



15) Yoga Mudrā (VPK) (Yogic Seal)