



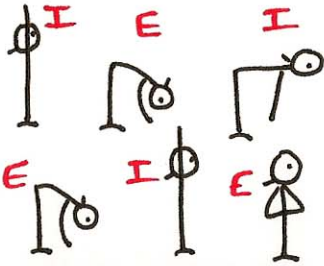

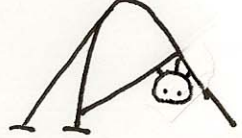

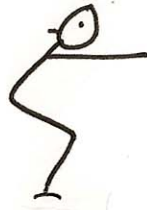




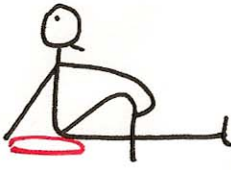
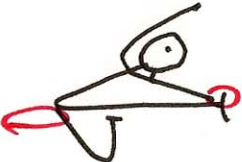
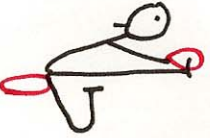
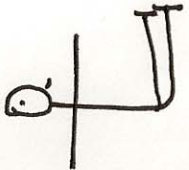

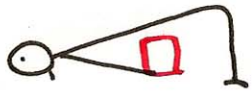



Embodying the Fire element with twists and tapas building poses to create transformation.

 <p>Seated Twist</p>	 <p>Seated Side Bend</p>	 <p>Kaphala Bhati</p>	 <p>Table Twist</p>	 <p>Ardha Surya Namaskar</p>
 <p>Adho Mukha Svanasana</p>	 <p>Parvrita Adho Mukha Svanasana</p>	 <p>Balasana</p>	 <p>Utkatasana</p>	 <p>Parvrita Utkatasana</p>
 <p>Uttanasana</p>	 <p>Pasasana</p>	 <p>Bharadvajasana</p>	 <p>Marichyasana</p>	 <p>Parvrita Janu Sirsasana</p>
 <p>Janu Sirsasana</p>	 <p>Jathara Parivartanasana</p>	 <p>Setu Bandha</p>	 <p>Setu Bandha</p>	 <p>Savasana</p>