




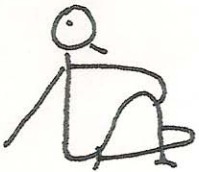

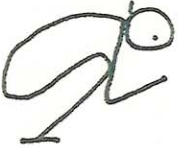





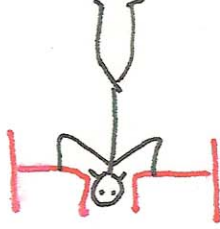

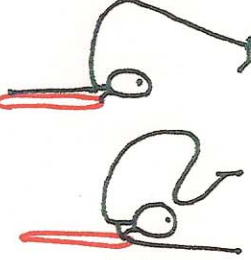

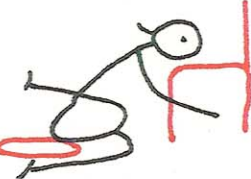
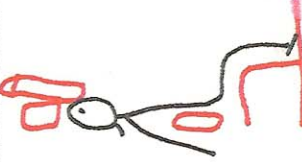
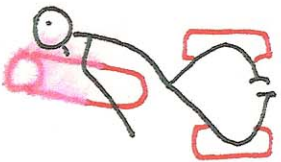


Pratyahara

 <p>Supta Padangusthasana</p>	 <p>Thread the Needle</p>	 <p>Reclining Twist</p>	 <p>Childs (toes under)</p>	 <p>Childs (supported)</p>
 <p>Ardha Matsyendrasana</p>	 <p>Malasana (sit on block)</p>	 <p>Malasana</p>	 <p>Uttanasana (head supported)</p>	 <p>Prasarita Padottanasana (head supported)</p>
 <p>Uttanasana (head supported)</p>	 <p>Adho Mukha Svanasana (head supported)</p>	 <p>Childs</p>	 <p>Headless Headstand</p>	 <p>Salamba Sarvangasana</p>
 <p>Halasana</p>	 <p>Baddha Konasana (eyes & ears covered)</p>	 <p>Gomukhasana (head supported)</p>	 <p>Viparita Karani</p>	 <p>Supta Baddha Konasana</p>