



Dos / Crise



Shavasana - Urdhva Hastasana / Mur



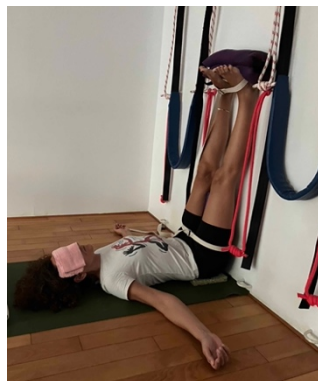
Eka Pada Supta Pavana Muktasana / Angle



Supta Padangusthasana / Angle



Pavana Muktasana



Urdhva Prasarita Padasana