



1| Pranayama



2| Ardha-Chandrasana



3| Utkatasana



4| Garbhassana



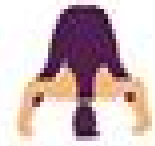
5| Dandayamana-Janushrasana



6| Dandayamana-Dhanurasana



7| Tulabandhasana



8| Dandayamana-Bhujangasana-Pashchimottasana



9| Trikonasana



10| Dandayamana-Bhujangasana-Janushrasana



11| Tadasana



12| Padmasana



13| Sarvangasana



14| Pawanmuktasana



15| Shalabhasana



16| Bhujangasana



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