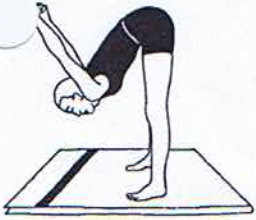
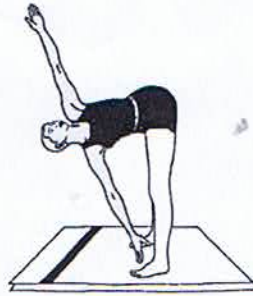


Four Àsanas



Dwikonàsanà



Trikonàsanà



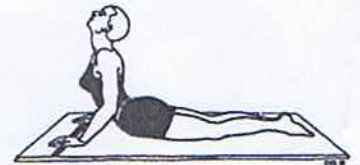
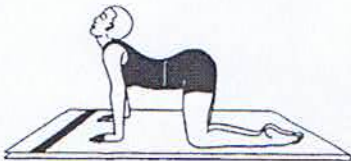
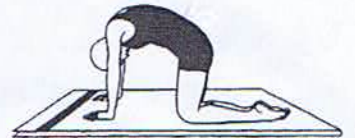
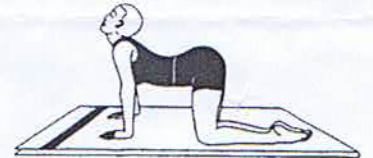
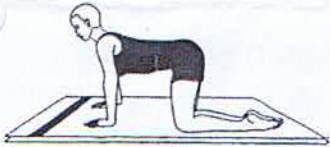
Bhujangàsanà



Matsyendràsanà

Begin and end in Vajràsanà

SHASHANK ASANA SERIES



Dynamic Màrjari Àsanà

