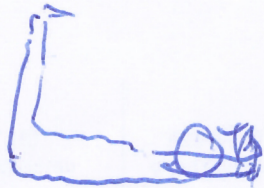


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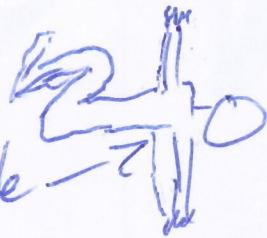


balle
→

Supta padangustasana
även ut i sidorna



VRDHVA PRASARITA PADASANA
MED BELT UTAN BALTE



Balle
→

JRTHARA PARIVARTANASANA

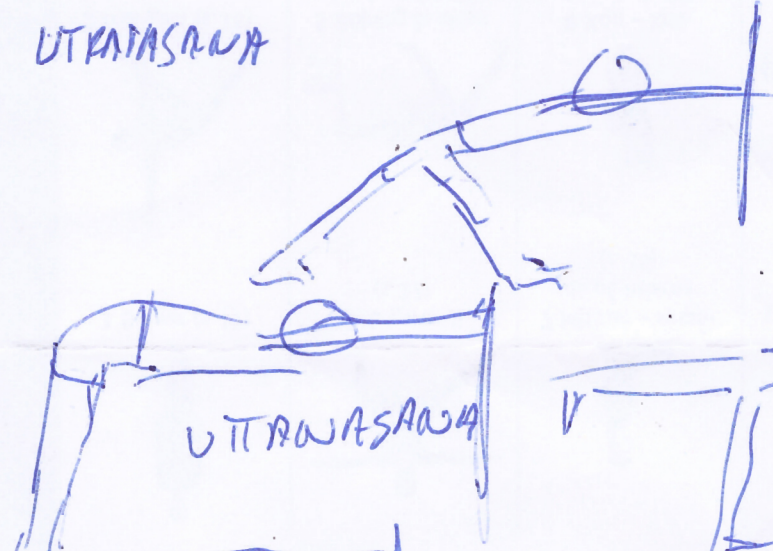


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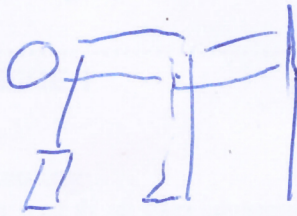
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PRASVOITANAS

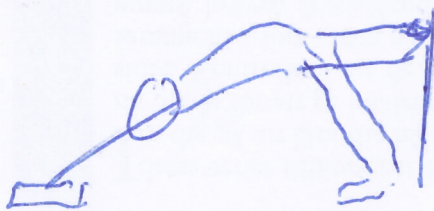


UTANASANA

VIRITABHADRASANA



UTANASANA



HUND

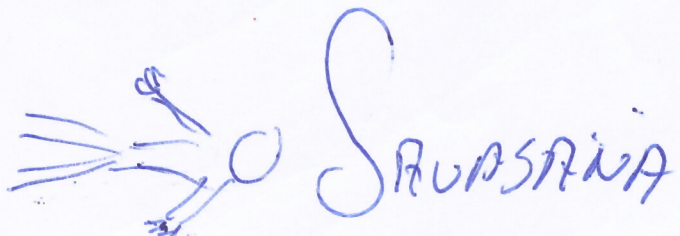


Bharadvajasana



SETU BANDA SARUANGAS

MUDRASANA /
SUKHASANA



SARUASANA