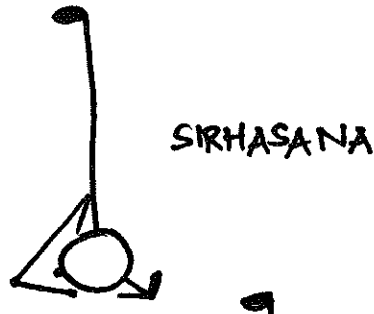
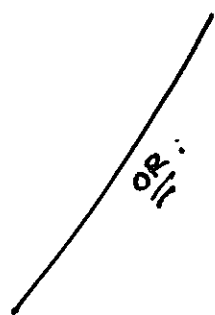


1.



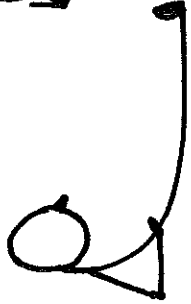
SIRHASANA



THE DOLPHIN
-triceps
-abdominals
STRENGTH

2.

SAVANGASANA



3.



HALASANA

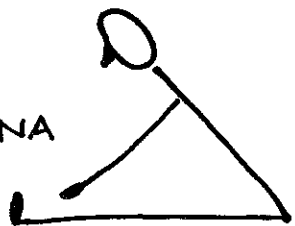
4.

MATSYASANA



5.

PACHIMOTANASANA



6.

BHUGANGASANA



7.

SALABHASANA



8.

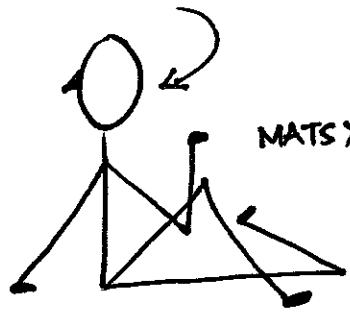
DHARANASANA



9.

ARDHA -

MATSYNDRASANA



10.

KAKASANA



11.

PADA
HASTHASANA



12.

THE 12 SIVANANDA POSTURES

TRIKONASANA

