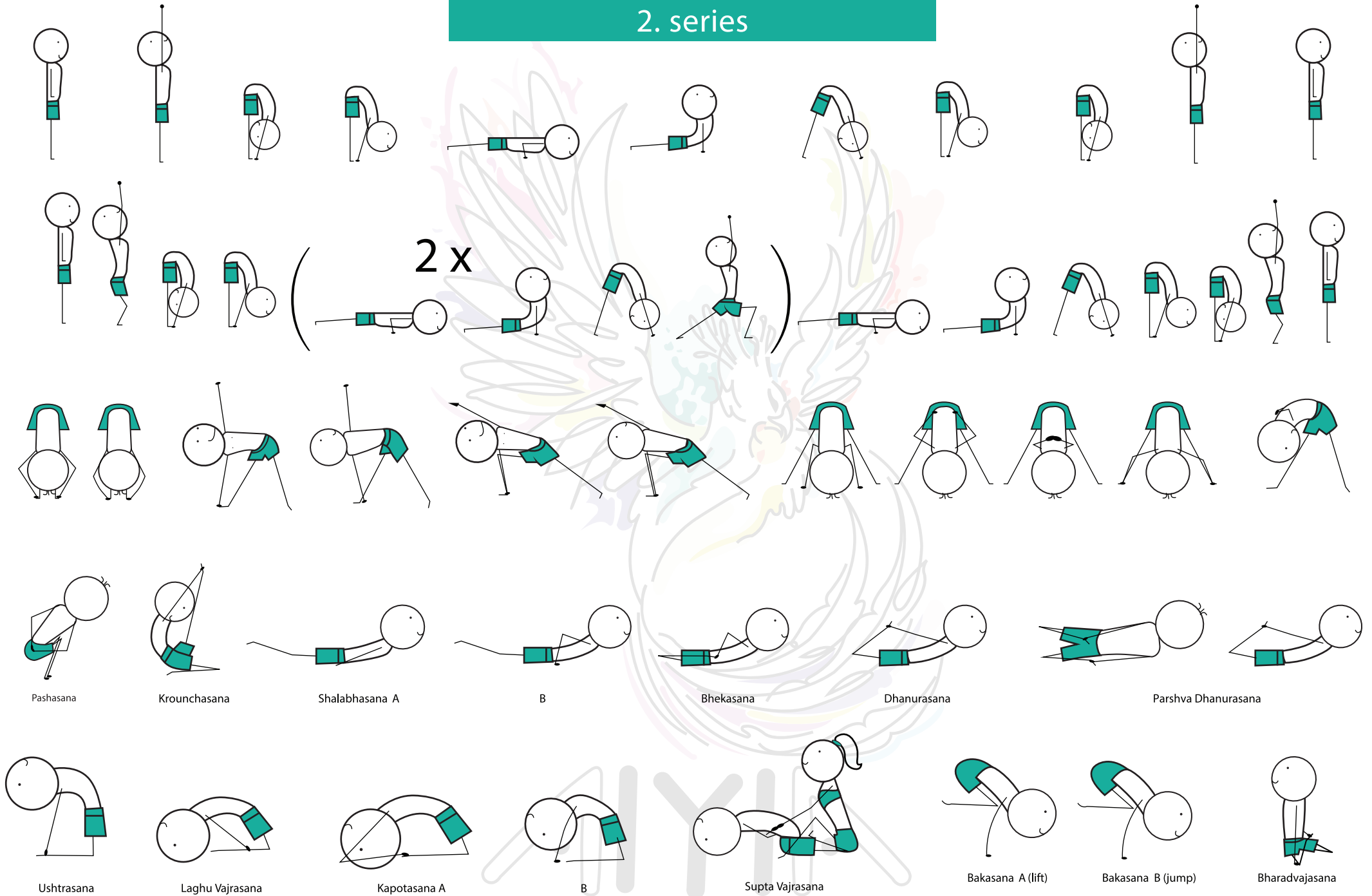


## 2. series



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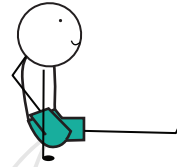
Ardha Mathsyendrasana



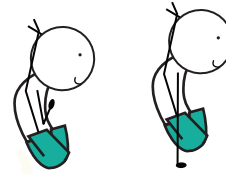
Eka Pada Sirsasana A



B



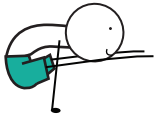
C



Dwi Pada Sirsasana



Yoga Nidrasana



Tittibhasana A



B



C



D



E



Pincha Mayurasana



Karandavasana



Vrischikasana



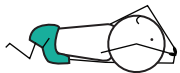
Mayurasana



Nakrasana



Vatayanasana



Parighasana



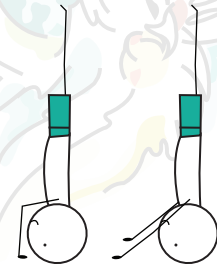
Ghomukhasana A



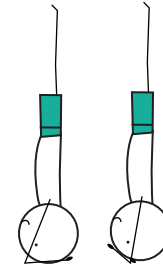
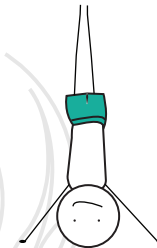
B



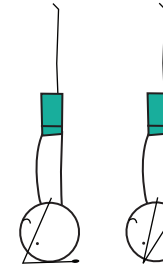
Supta Urdhva Pada Vajrasana



Mukta Hasta Sirsasana



Baddha Hasta Sirsasana



Urdhva Dhanurasana



Pascimattanasana

