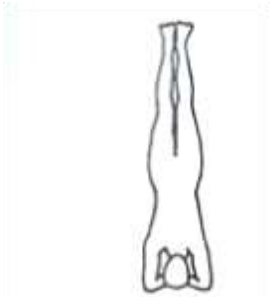


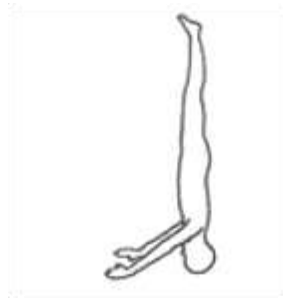
Sirsasana



Salamba sirsasana



Salamba sirsasana 2



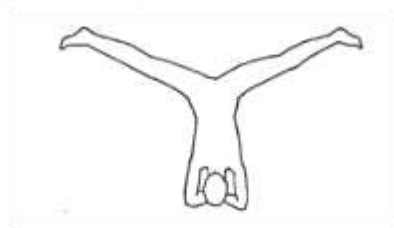
Mukta hasta
sirsasana



Urdva dandasana



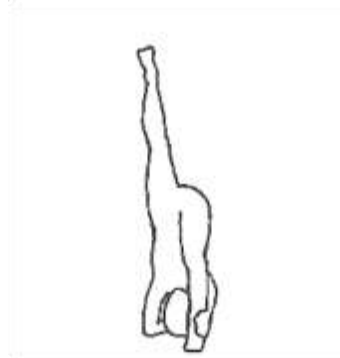
Baddha konasana
sirsasana



Prasarita
Padottanasana



Parsva eka pada
sirsasana



Eka pada sirsasana



Parivrita sirsasana



parivrtta eka pada
sirsasana



vajra sirsasana



Parivrita vajra
sirsasana



Urdhva padmasana
sirsasana



Parivrita Urdhva
padmasana sirsasana



pindasana sirsasana