



SINGLE LEG STRETCH



SINGLE LEG STRETCH



DIAGONAL BEND



DOUBLE LEG STRETCH



DOUBLE LEG STRETCH



FORWARD BEND



BRIDGE



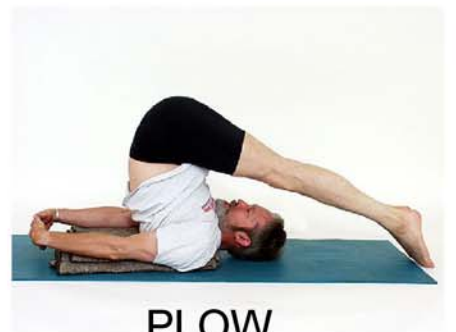
WHEEL



PLOW



PLOW



PLOW



FISH



SUPPORTED FISH



SITTING SPINAL TWIST



SPINAL TWIST ON FLOOR



SPHINX SERIES



COBRA



BOW



CURLING LEAF



LION



MASSAGING/STRETCHING NECK



**DOWNWARD FACING
DOG**



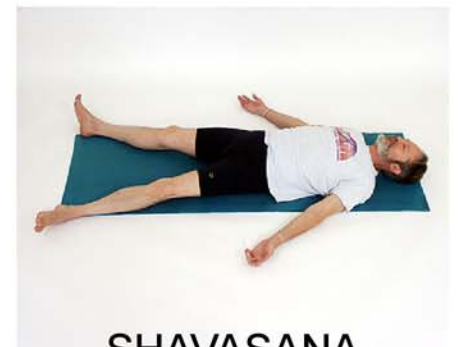
CHEST EXPANSION



SIDE STRETCH



TRIANGLE



SHAVASANA