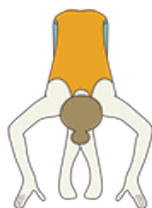


6B Inhale-Exhale 1m



28. Standing Forward Fold Pose Cross Legged Uttanasana

Cross Legged

6B Inhale-Exhale 1m



29. Eagle Pose Garudasana

56B Inhale-Exhale 10m

O.S.

30. Repeat Other Side

6B Inhale-Exhale 1m



31. Garland Pose Hands Forward Malasana Hands Forward

6B Inhale-Exhale 1m



32. Caterpillar Pose

12B Inhale-Exhale 2m



33. Wind Release Pose Pawanmuktasana