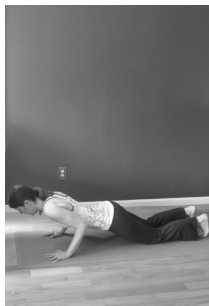




(1) Exhale
Plank Inhale



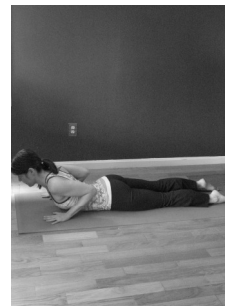
(2) Exhale
Chaturanga
Dandasana



(2a Modification)
Chaturanga
Dandasana



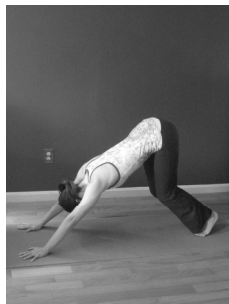
(3) Inhale
Urdhva Mukha
Svanasana



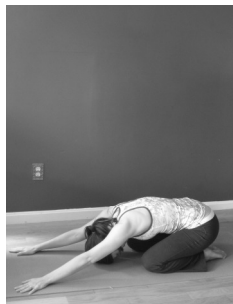
(3a Modification)
(Variation)
Bhujangasana



(4) Exhale
AdhoMukha
Svanasana



(4a Modification)
AdhoMukha
Svanasana



(4a Modification)
(Variation)
Balasana