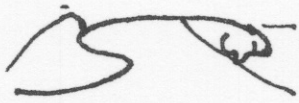
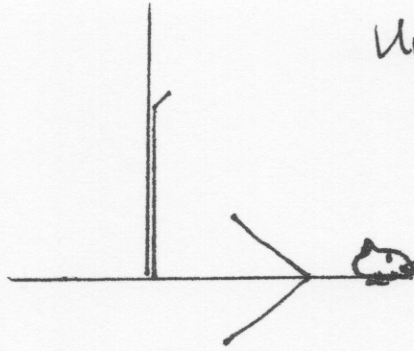


# PRACTICE SHEET #1

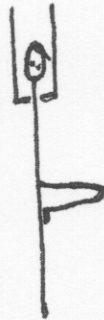
Adho Mukha Virasana



Urdhwa Mukha  
Prasarita Padasana



Urdhwa Hastasana



Vrksasana



Uthita Trikonasana



Virabhadrasana 2



Adho Mukha  
Svanasana



Chatursh Padasana

Savasana

