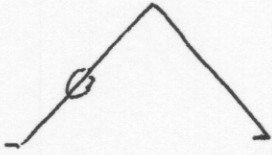
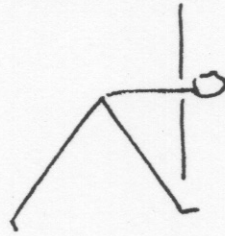


PRACTICE SHEET #2

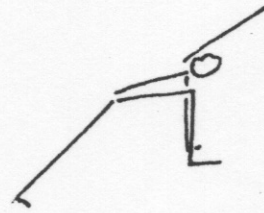
1. adho mukha svanasana



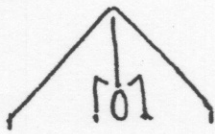
2. trikonasana



3. parsvakonasana

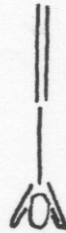


4. prasarita padottanasana

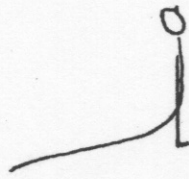


5. Sirsasana

or rope Sirsasana

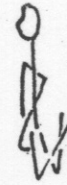


6. vinyasana - a.m. svan to urdhva mukha svanasana



3 X

7. bharadvajasana
seated twist



8. janu Sirsasana



9. bharadvajasana
seated twist

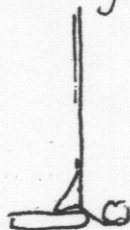
10. paschimottanasana



11. halasana



12. sarvangasana



13. Savasana

