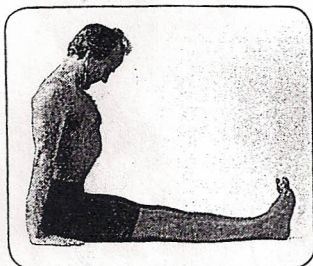
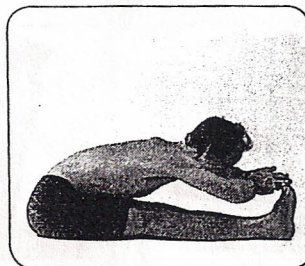


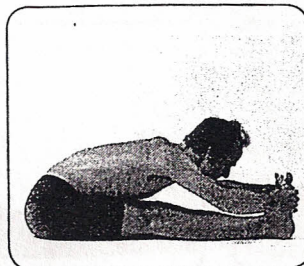
La prima serie



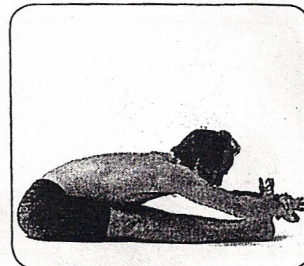
Dandasana



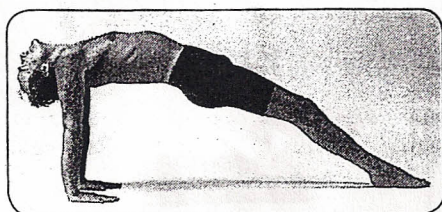
Paschimottanasana A



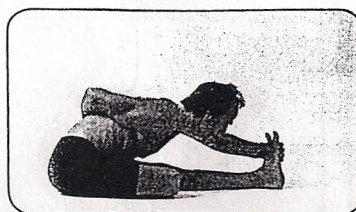
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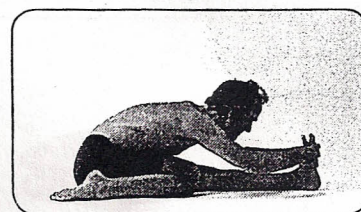
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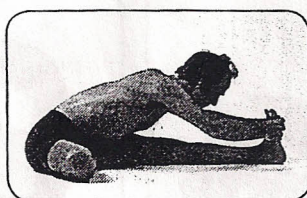
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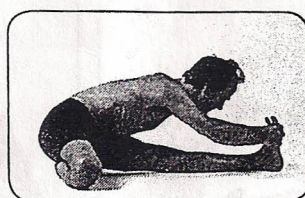
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Paschimottanasana



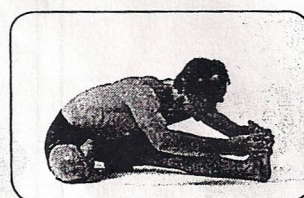
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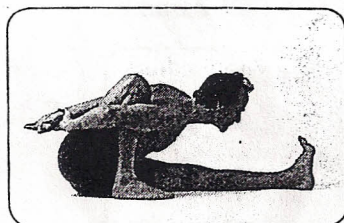
Janu Sirsasana A



Janu Sirsasana B



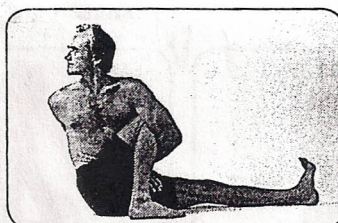
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Marichyasana A



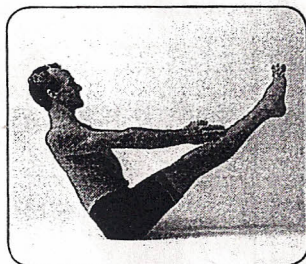
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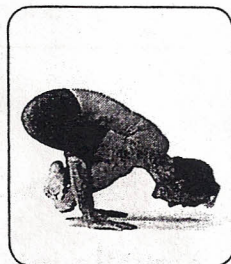
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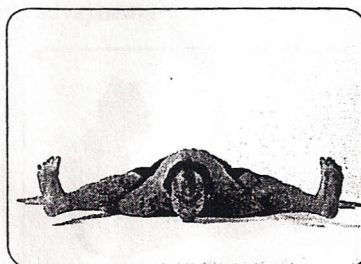
Marichyasana D



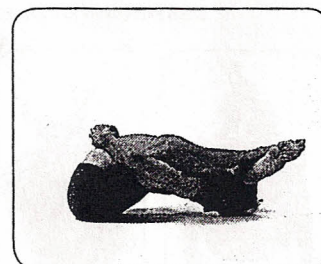
Navasana
5 Times



Bhujapidasana



Kurmasana



Supta Kurmasana