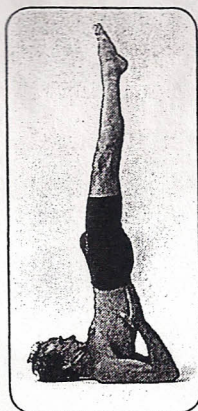
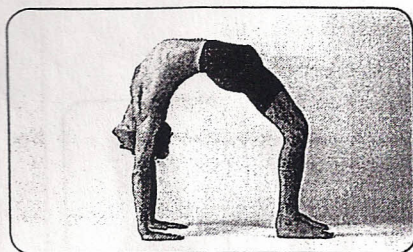


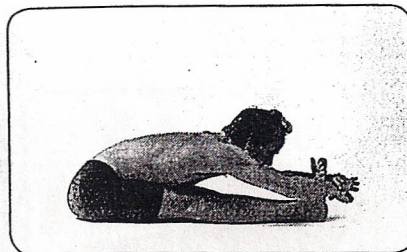
La sequenza finale



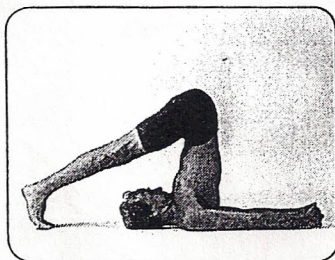
Sarvangasana



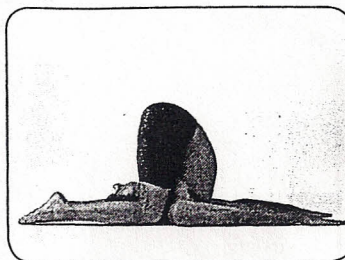
Urdhva Dhanurasana (3 volte)



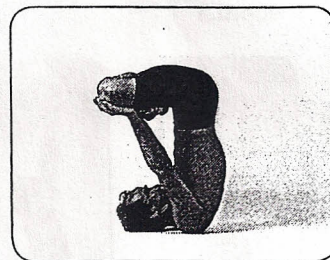
Paschimottanasana



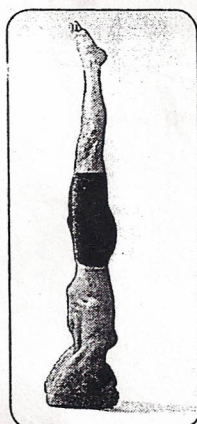
Halasana



Karnapidasana



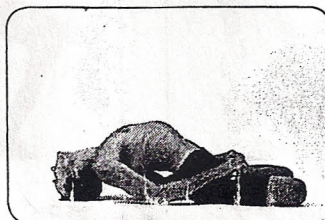
Urdhva Padmasana



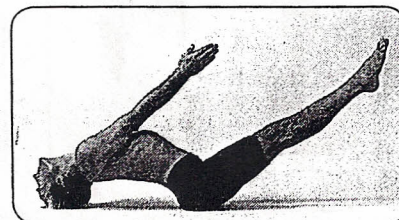
Sirsasana A



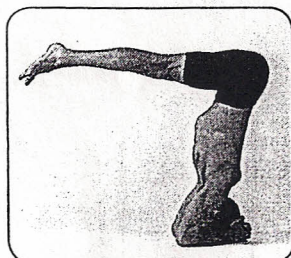
Pindasana



Matsyasana



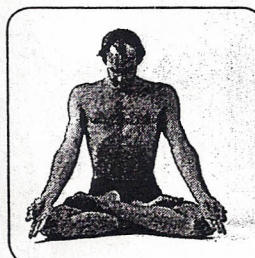
Uttana Padasana



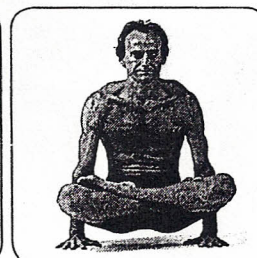
Sirsasana B



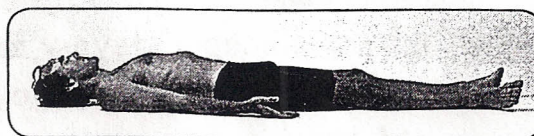
Baddha
Padmasana



Padmasana



Tolasana



Savasana