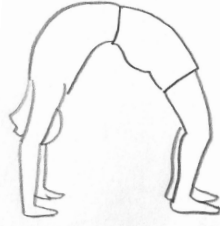


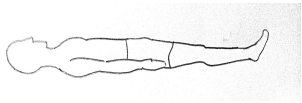
Closing Sequence of Ashtanga Yoga



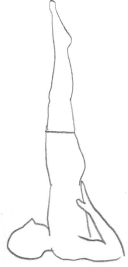
Urdva danurasana



Pascimattanasana



Suptasamastithi



Salamba Sarvangasana



Halasana



Karnapidasana



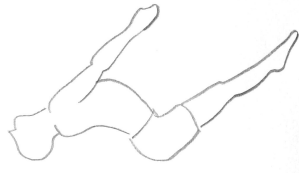
Udrvapadmasana



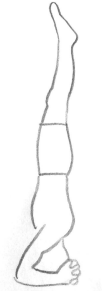
Pindasana



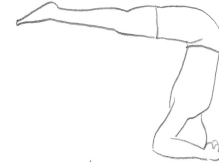
Matsyasana



Uthana padasana



Sirsasana



Ardha sirsasana



Baddha padmasana A



Baddha padmasana B



Baddha padmasana C