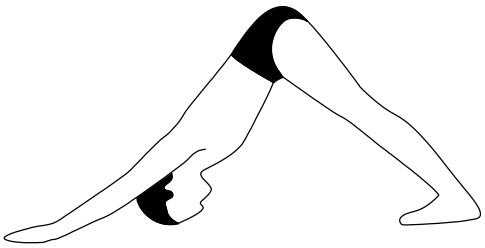
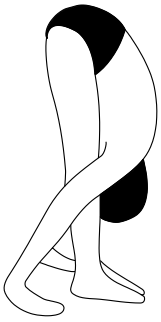
Practice Sequence

Level: 2 Sequence: 2 Asanas: 15

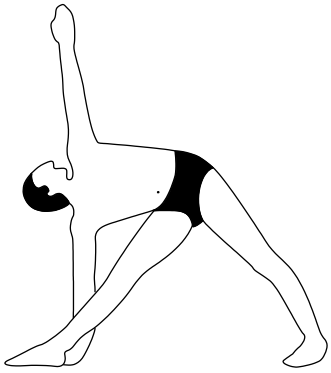
1. Adho Mukha Virasana



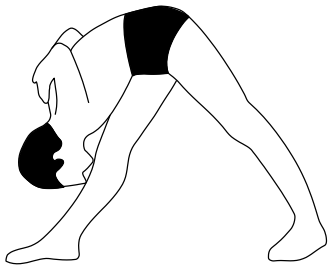
2. Adho Mukha Svanasana



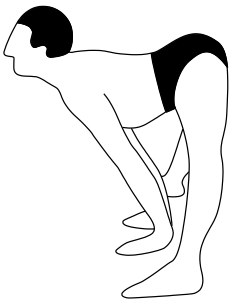
3. Uttanasana



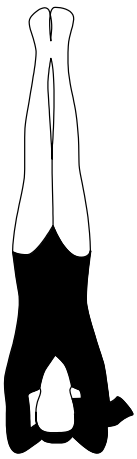
4. Utthita Trikonasana



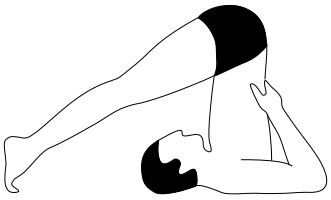
5. Parsvottanasana



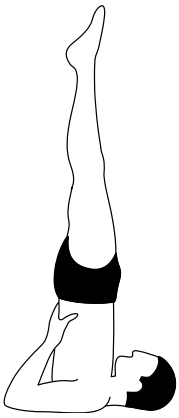
6. Prasarita Padottanasana



7. Salamba Sirsasana



8. Halasana



9. Salamba Sarvangasana

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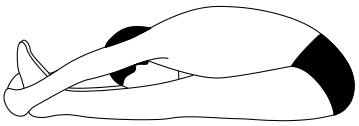
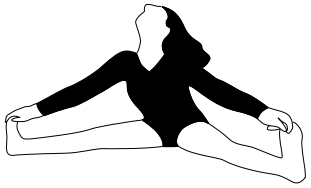
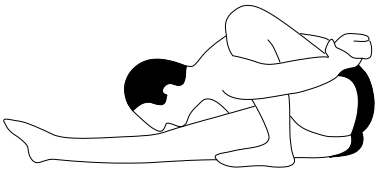


10. Paschimottanasana

11. Janu Sirsana

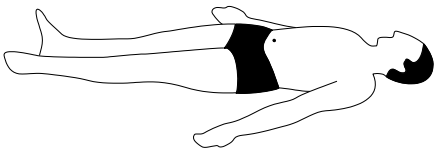


12. Upavistha Konasana



13.Maricyasana I

14. Supta Baddha Konasana



15.Savasana

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