YOGA



Badasana It controls that became send fraction technique effects await family.



Paschimotionasana description and the expension of the highlight



Janu Sinsasana If forces the first agreem and indheys. It salms the brain and retern depression.



Gomukha Paschimottansana If groundhest and tomand strikes, highs, freights, phosphologists, broughts broughts and should if helps for relience made about a transparent and transparent



Parivitta Janu Sirassana This pose disreptance the blood-croutation to the spine and relative to the spine and relative to the spine.





PRINCIPLIANDENING



Eka Pada Sirsasana and has to point and abdominal regime. By pratice of most feature approach.



Adho Mukha Svanasana



Kumbhakasana

This passes shoughters the arms and wrists and torse the abduminal muscles.
It also brighters the body and creates self-asserzania.

Skupita Kumma Asiama This positive attainable the lower back, time the abotyminar organic open the logic and cath the terrocos system. It also helps the Kapita Donfu. It has followed and induces success fall.



Woga Midnasama This seams simplifies the deep manipular in the spine. It contributes to the health of the whole body is appropriate blood flow to the abdominal region and the depletion of the spine.



Upavista Konasana It opens the tips while sheething out the arrive back side of the body-logs, back, arms. Most people to gyrecotogical problems

Parsiva Upavista Konasana It constrains infiltrates in the back and extrained a took Suntily and the body is increased planteria.



It excess thany dispensive and reproductive discrete. It attributes the fourt and helps in releasing stress.



The pass tones the abdomen, attemptions the arms and wrists it is an exception! assert to liable programmes of the muleilos that suggest an about the control of the contro



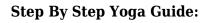
This ample assets is very beneficial for the muscles, organic and soft towards of the point, shakeren. It provides good statut to the total function and the residence of the point.



Andha Baddha Padma Paschimottanasana This easing stretches the spine and tomes the philomonal muscless. The position benefits the dipentive system.

Step By Step Yoga Guide

Martha Rowe



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