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 retere 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.





PREMIUMSEMBER This assens is dedicated to Lind therumen. If helps to core scatting and other defects of the lags, it stoses and strengthere. The stocker makes of the training.



Kumbhakasana

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



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



Adho Mukha Svanasana



Skupita Kumma Asiama

This positive attributes the lower back, time the abotyminar organic open the lique and calm the terrocos systems. It also helps the Kapita Donfu. It has followed and induces excessed file.



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 shutching out the arrive back side of the body-logs, back, arms. Most people for 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.



Chaturanga Dandasana

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



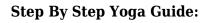
This ample asserts is very beneficial for the muscles, organic and soft towards of the point, shakeren. It provides good shaket to the last, these lags and the real through the



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

Mira Skylark,Al



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