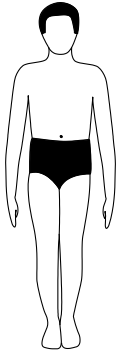




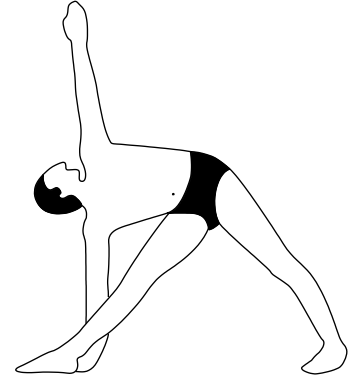
Practice Sequence 11



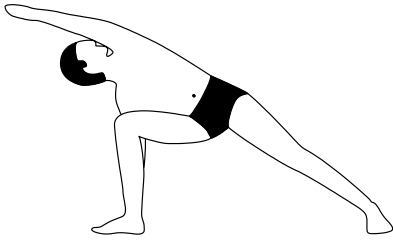
1. Tadasana



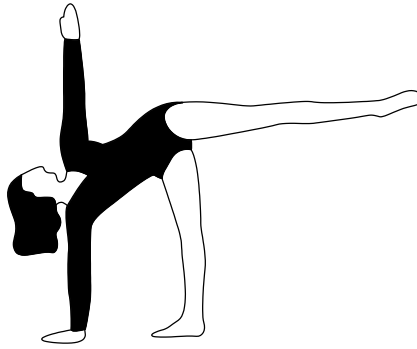
2. Urdhva Hastasana



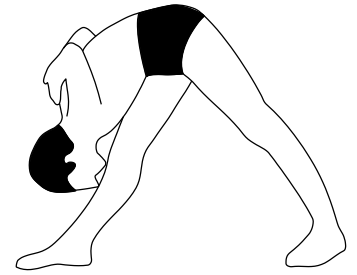
3. Utthita Trikonasana



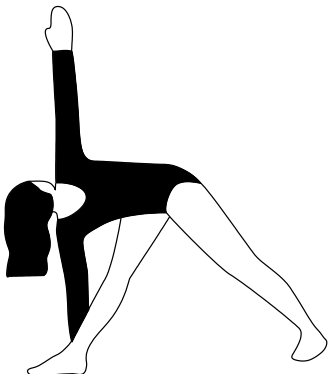
4. Utthita
Parsvakonasana



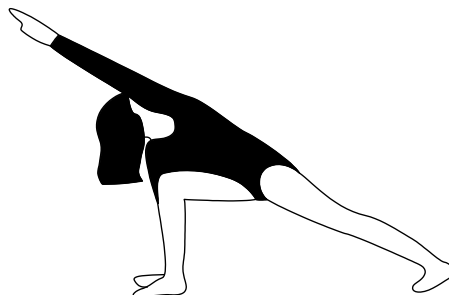
5. Ardha Chandrasana



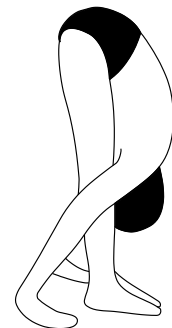
6. Parsvottanasana



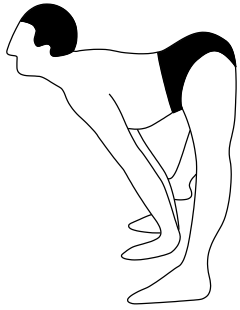
7. Parivrtta Trikonasana



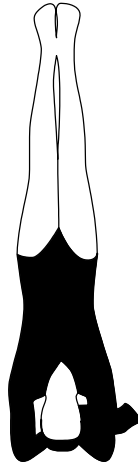
8. Parivrtta Parsvakonasana



9. Uttanasana



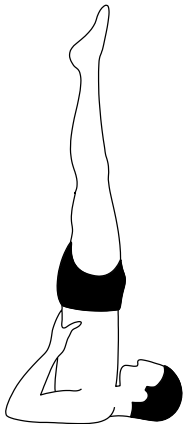
10. Prasarita Padottanasana



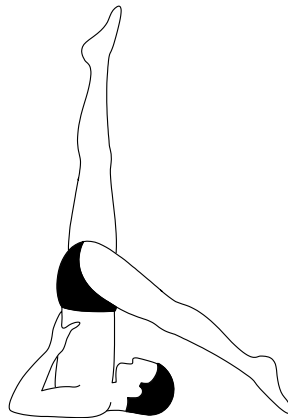
11. Salamba Sirsanana



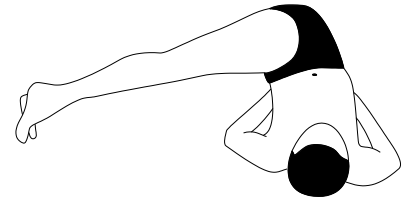
12. Chatushpadasana



13. Salamba Sarvangasana



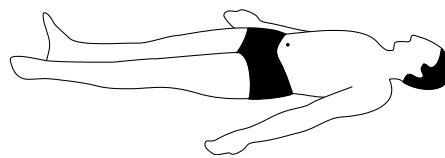
14. Eka Pada Sarvangasana



15. Parsva Halasana



16. Marichyasana III



17. Savasana