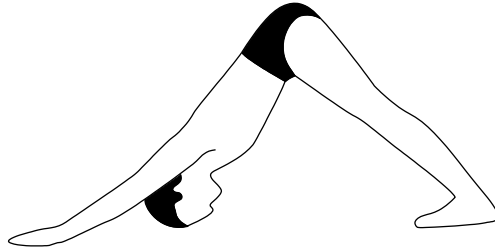




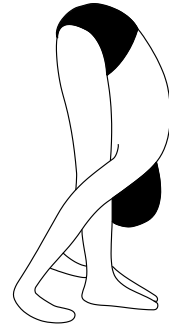
## Practice Sequence 12



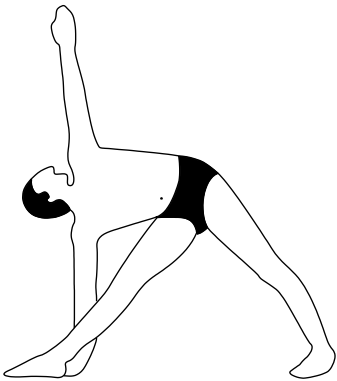
1. Adho Mukha Virasana



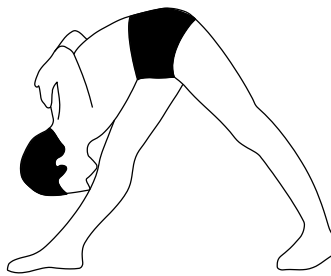
2. Adho Mukha Svanasana



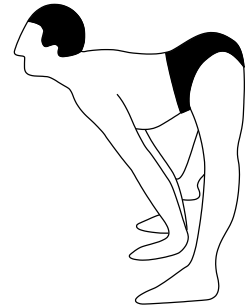
3. Uttanasana



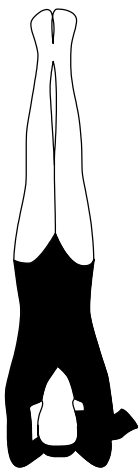
4. Utthita Trikonasana



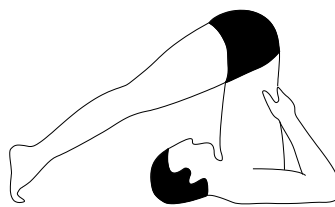
5. Parsvottanasana



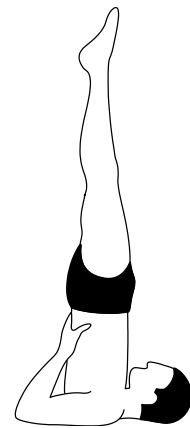
6. Prasarita Padottanasana



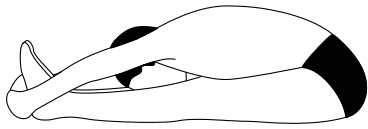
7. Salamba Sirsasana



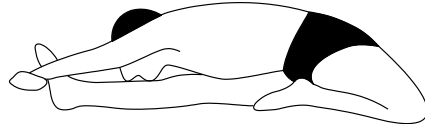
8. Halasana



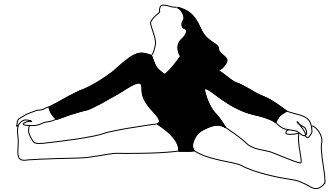
9. Salamba Sarvangasana



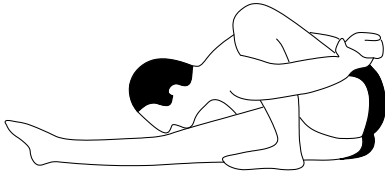
10. Paschimottanasana



11. Janu Sirsana



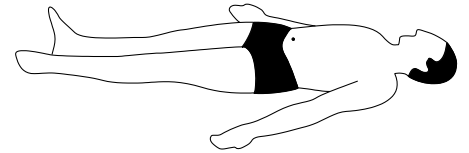
12. Upavistha Konasana



13. Maricyasana I



14. Supta Baddha Konasana



15. Savasana