

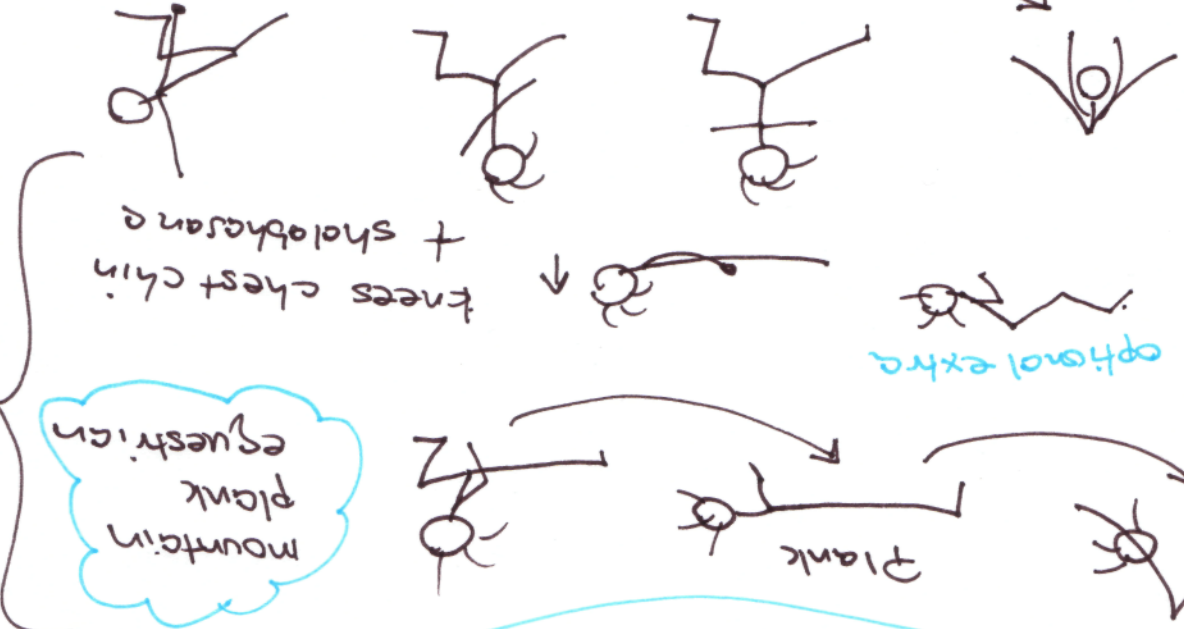
cat + ashwini mudra + chakra awareness



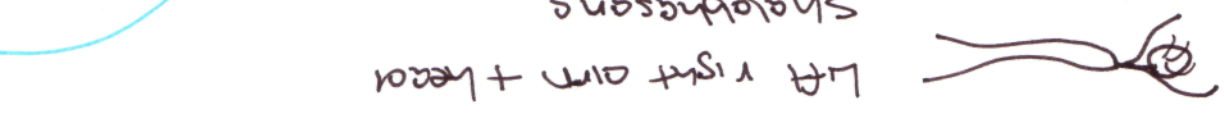
spinal twist from vajrasana



Warrior Sequence



To Both sides



Left right arm + leg

Shalabhasana

Jalandhara Bandha + Bhaktika Pranayama



Sit quietly