



TeleYoga 28

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swastikasana	supta baddha konasana
..	urdhva hasta supta baddha konasana
adho mukha virasana	..
adho mukha svanasana	virasana
adho mukha virasana	..
adho mukha svanasana	salambha sirsana
uttanasana	adho mukha virasana
..	..
tadasana	setu bandha sarvangasana
urdhva baddhanguliyasana	..
..	jathara parivartanasana
utthita hasta padasana	..
parsva hasta padasana	savasana
virabhadrasana II	..
..	..
supta baddha konasana	
urdhva hasta supta baddha konasana	
..	
utthita hasta padasana	
parsva hasta padasana	
utthita parsva konasana	
..	

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