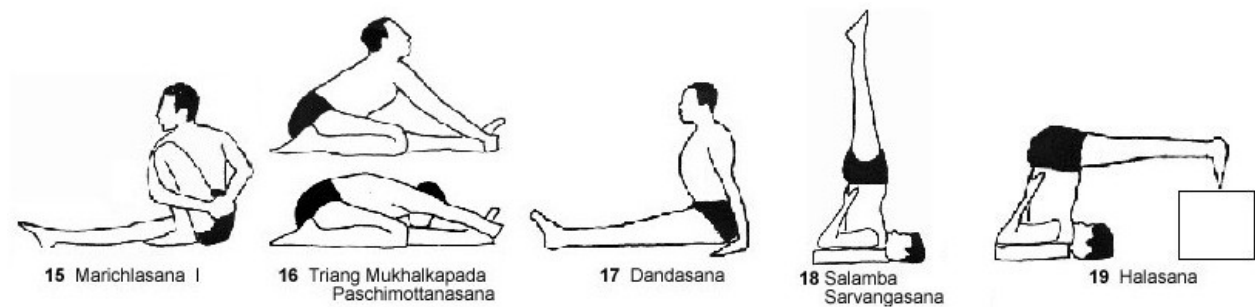
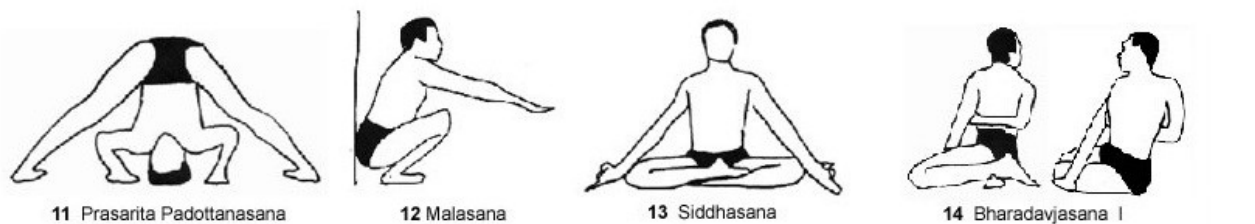
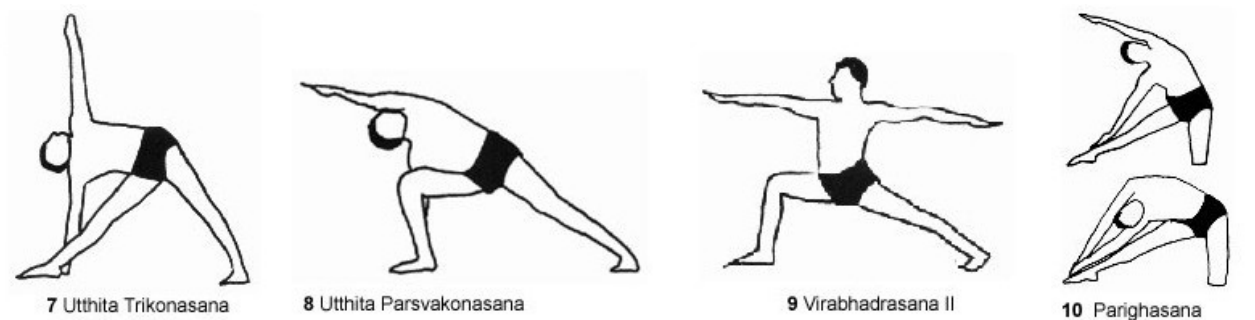
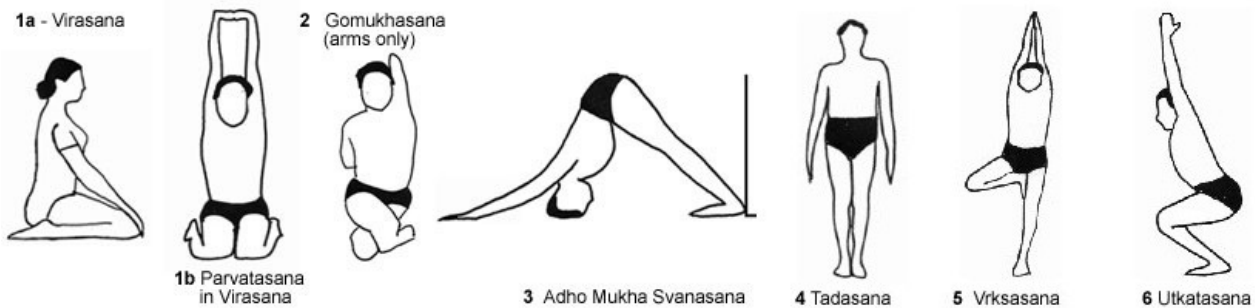


Sequence for home practice – Intermediate level

Timing should be according to one's capacity. Repetition recommended over timing to avoid straining.



20 Savasana

