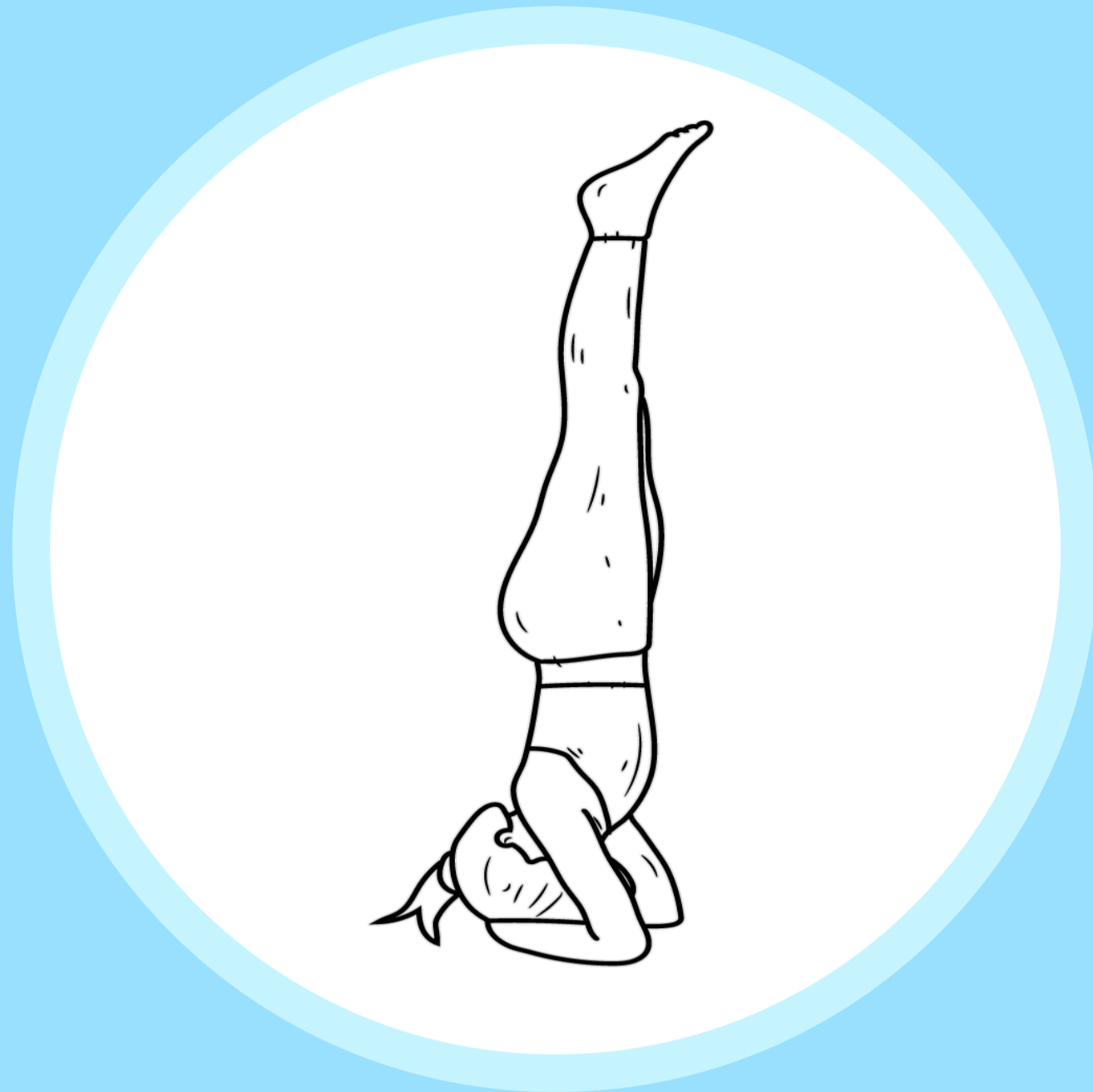


Giddiness (p. 1 of 1)



Sālamba Śīrṣāsana
(supported headstand)



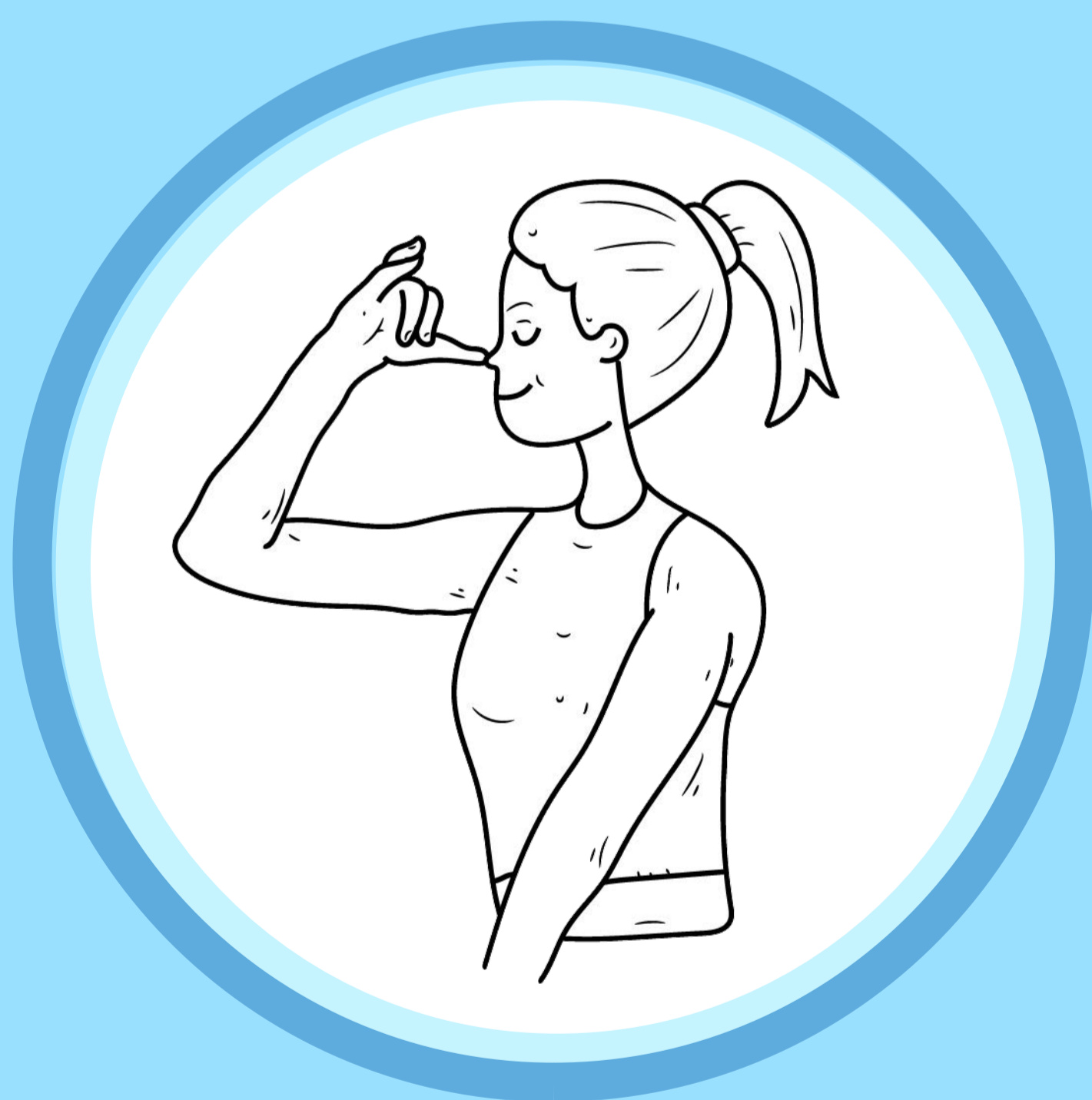
Halāsana
(plow)



Paschimottānāsana
(staff)



Śanmukhi Mudra
(six mouths)



Nādī Śodhana without Retention