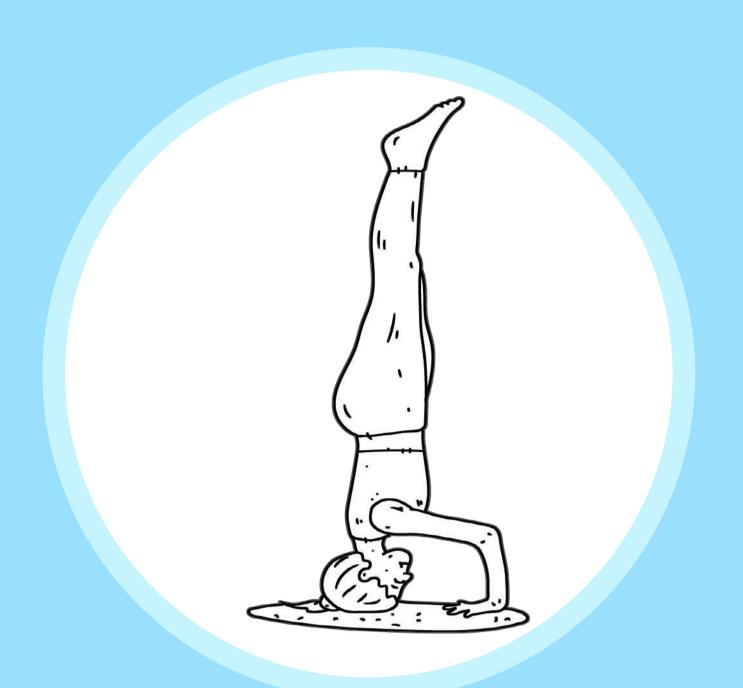
Chill (p. 1 of 3)



Sirsasana (head stand)



Sarvāngāsana (shoulder stand)



Uttānāsana (forward fold)



Paschimottānāsana (staff)



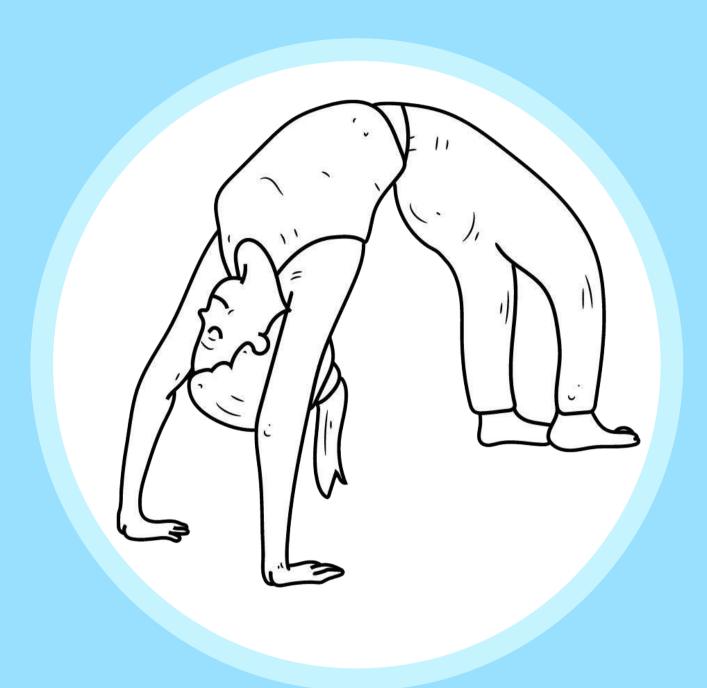
Ardha Marīchyāsana I (bound forward fold)



Pāśāsana (cord)

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Chill (p. 2 of 3)



Chakrāsana (wheel)



Ujjayi Pranayama



Bhastrika Pranayama



Nādī Śodhana (alternate nostril breathing)



Sruyabhedana Pranayama



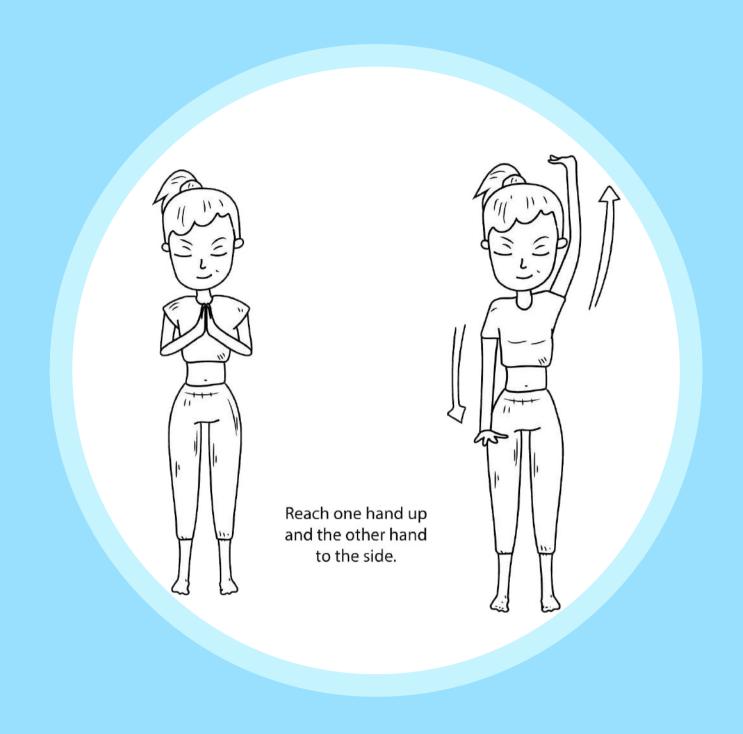
Honey

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Chill (p. 3 of 3)



Ginger



Pluck the Stars on Each Side



Gargle Salt Water

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