

1. TADASANA URDHVA BADDHA HASTASANA



2. INDUDALASANA (16)



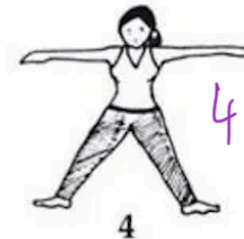
3. DEVIASANA (15)



Salutation

à la Lune

9. MALASANA

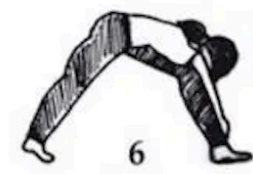
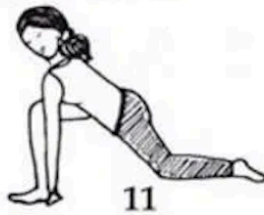
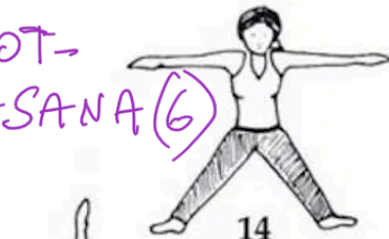


4. UTTHITA TADASANA



UTTHITA TRIKONASANA (13)

Illustrations: Vandana Nihalani



8. ARDHAMALASANA (10)

7. ASHWA SANCHALANASANA (11)

