

**padangusthasana**



**halasana**



# ***Sashankasan***







**gorakshasan**



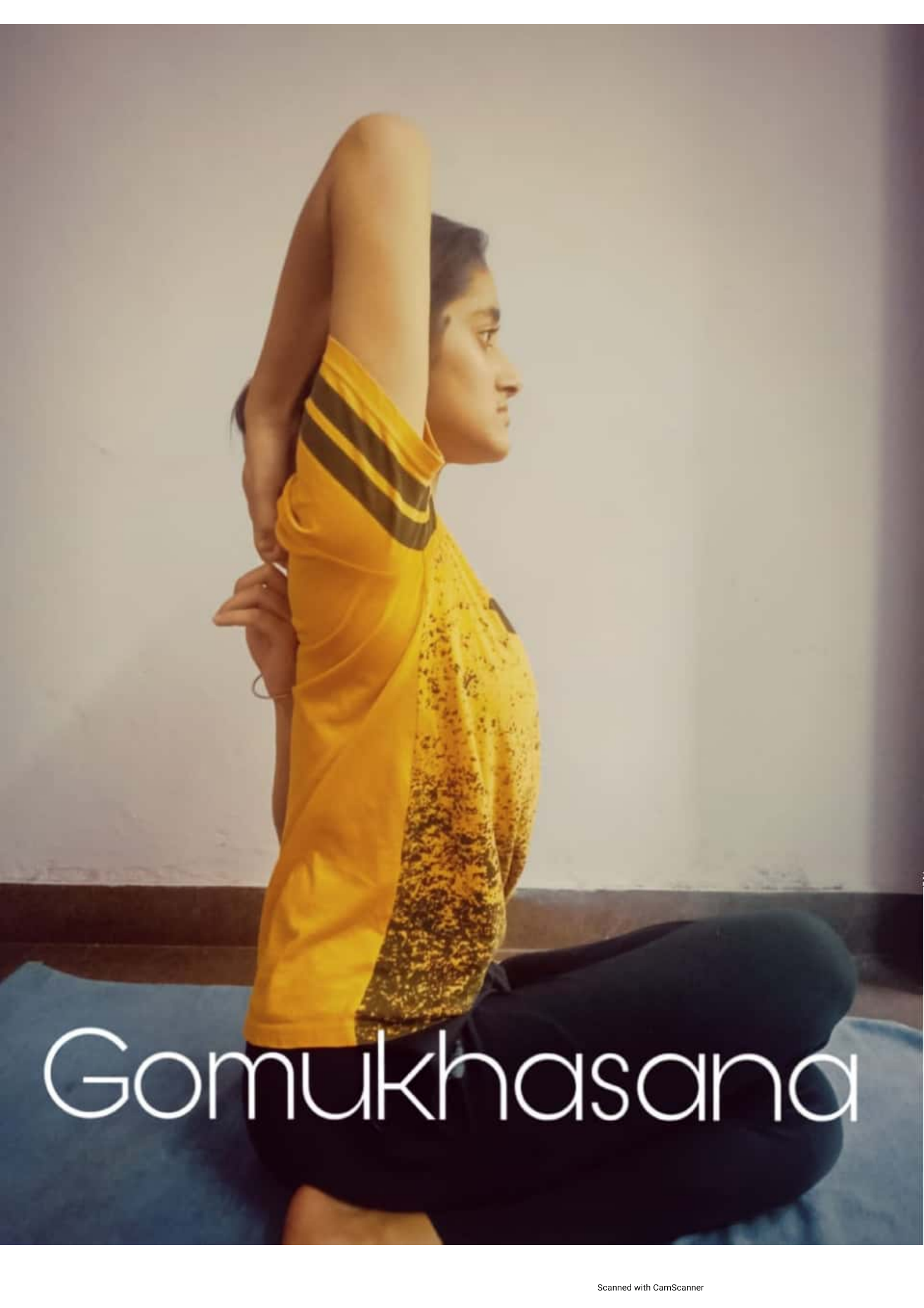
# Gomukhasana



# Paschima Namaskarasana



N REDMI Y3  
CAMERA



# Gomukhasana





# Bhujangasana







