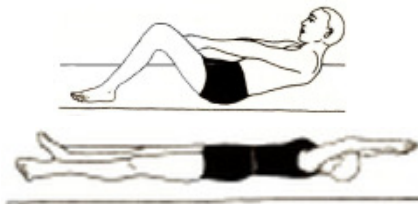


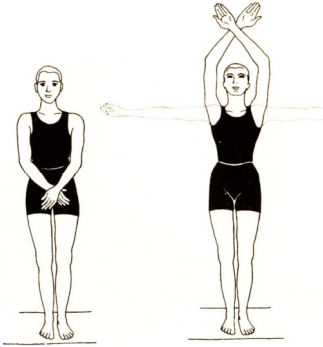
**Lesson 5** (day 8, for general vitalisation with yoga nidra at the end).

All this Asanas are to be found in the book "Asana Pranayama Mudra Bandha" from Bihar School of Yoga, India. The numbers of the pages may perhaps not correspondent with the present edition of the book.



Deep exhalation  
Deep inhalation

page



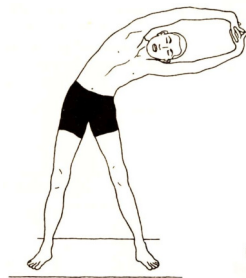
Hasta Utthanasana

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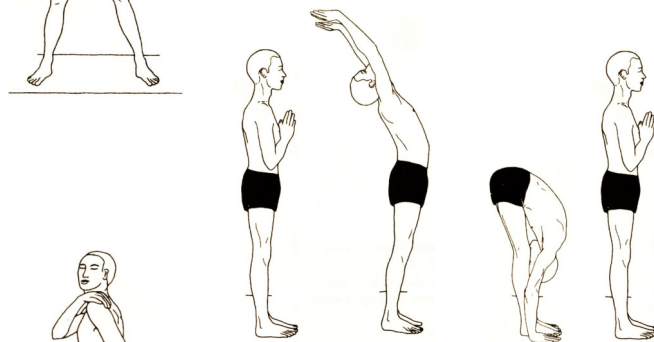
Tadasana

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Tiryaka Tadasana

141



Pranamasana

162

Hasta Utthanasana

163

Padahastasana

164

Pranamasana

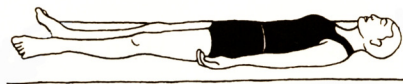
162

First  
three  
asanas  
from  
surya  
namaskara



Kati Chakrasana

119



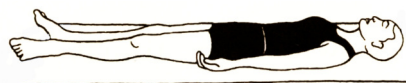
Shavasana

109



Supta Udarakarshanasana

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Shavasana/Yoga Nidra

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