

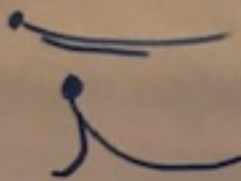
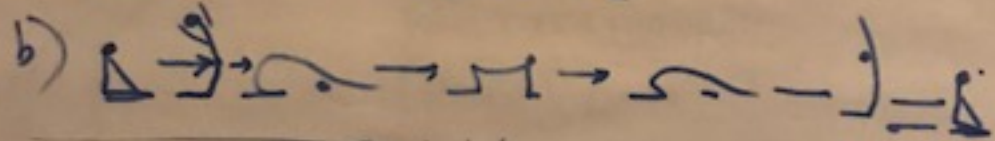
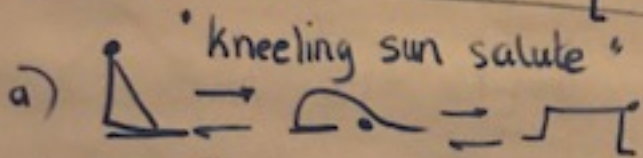
AC8



focusing on bones from feet up to skull



Tadasana



Salabhasana 1

