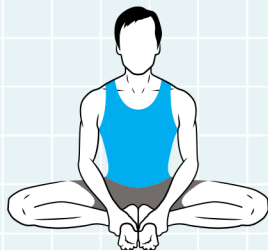


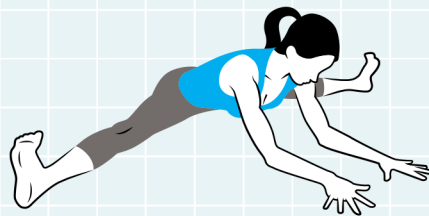
Sequence to Soothe Digestion



1 BADDHA HASTASANA



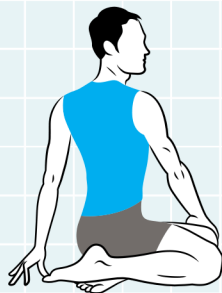
2 BADDHA KONASANA



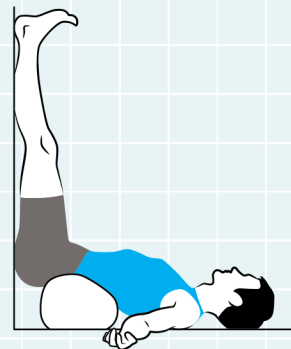
3 UPAVISTHA KONASANA



4 SUKHASANA WITH A TWIST



5 BHARADVAJASANA I



6 VIPARITA KARANI