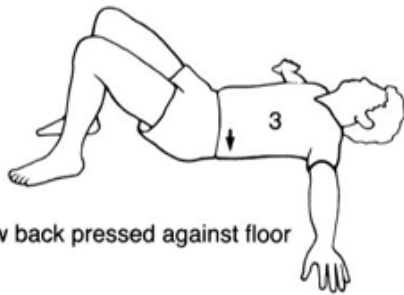
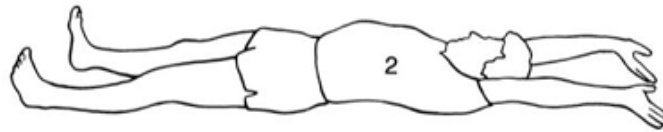
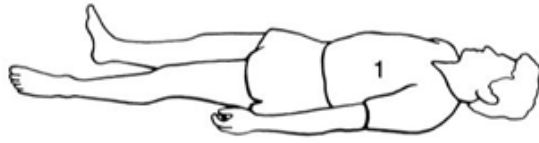
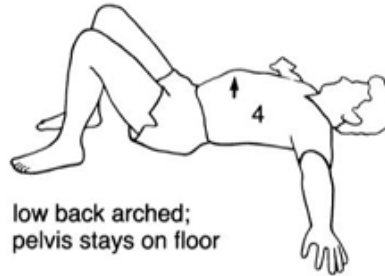


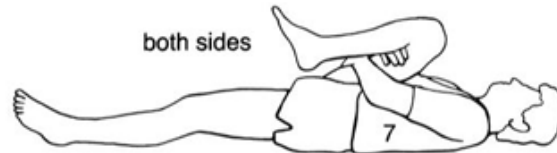
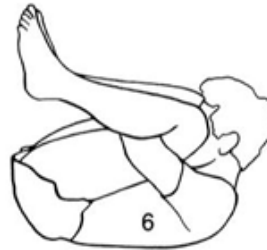
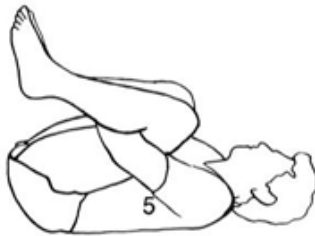
Sequence of Lying Down Yoga Postures



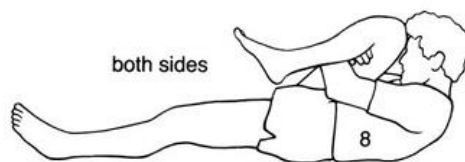
low back pressed against floor



low back arched;
pelvis stays on floor



both sides



both sides

