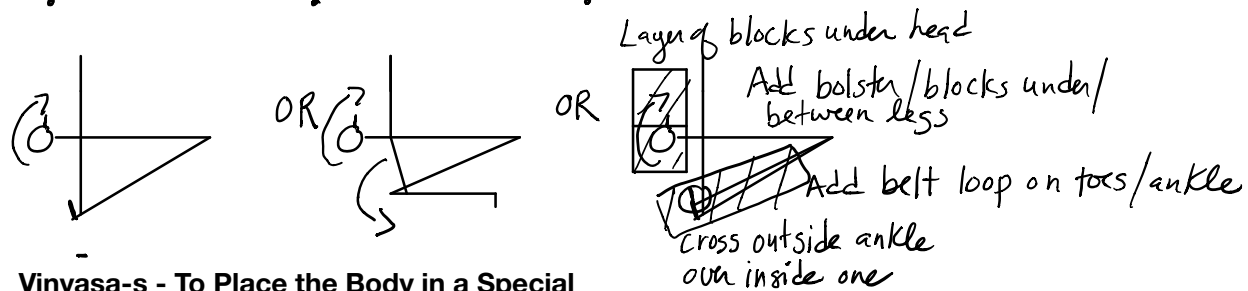


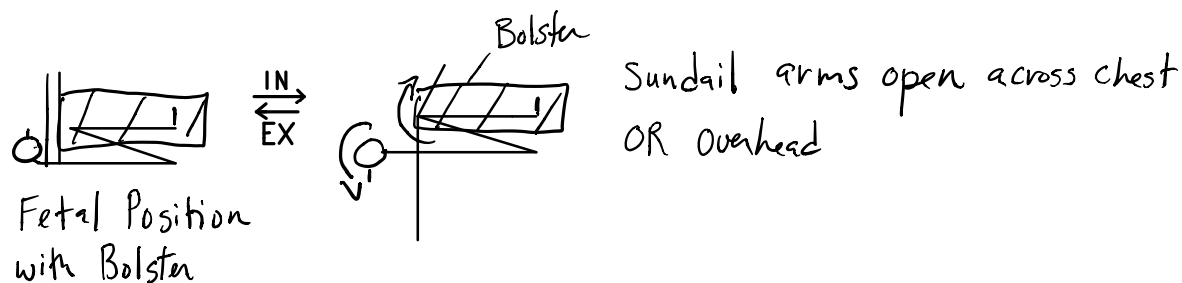
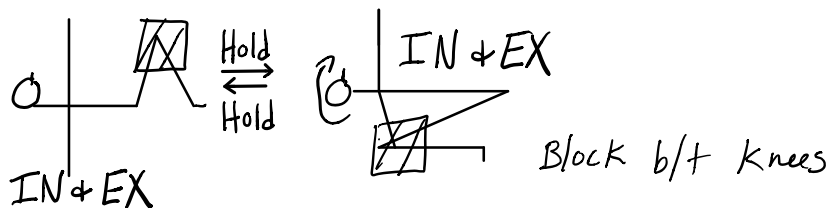
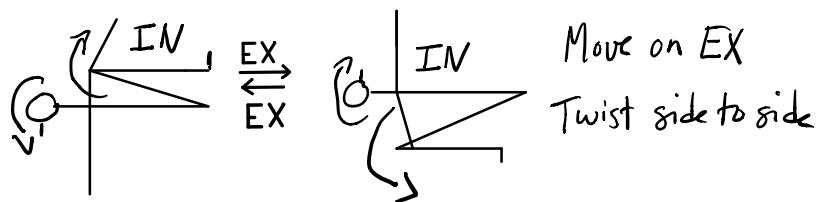
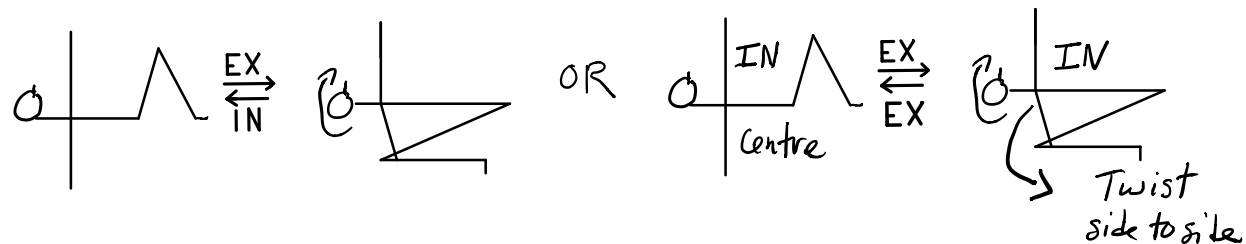
Parivrtti - Rotated Twists

Supine Poses

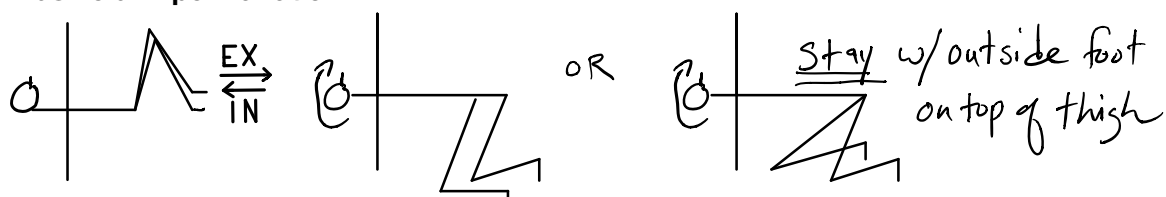
Jathara Parivrtti (Parivrtti) - Twisting the Jathara Agni at the Nabhi (Belly Button)



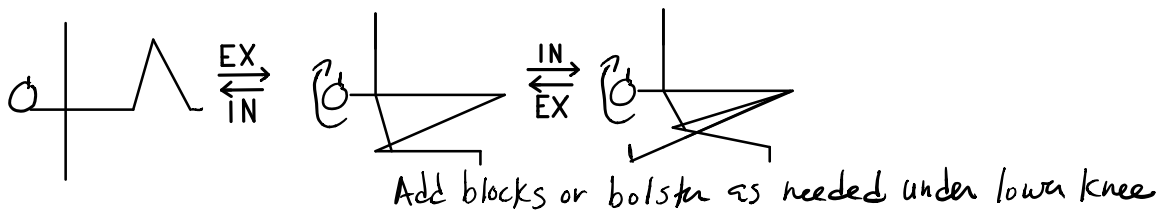
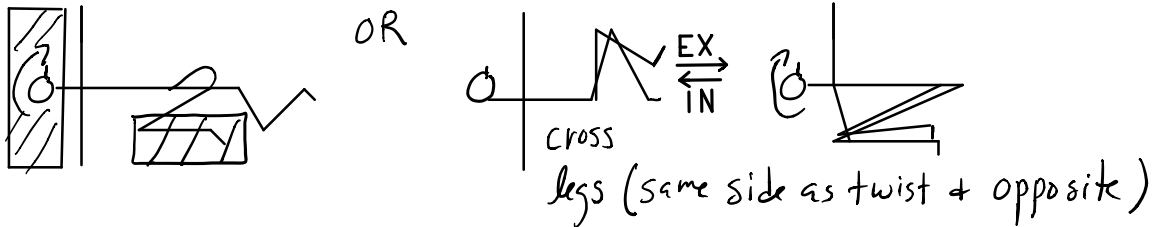
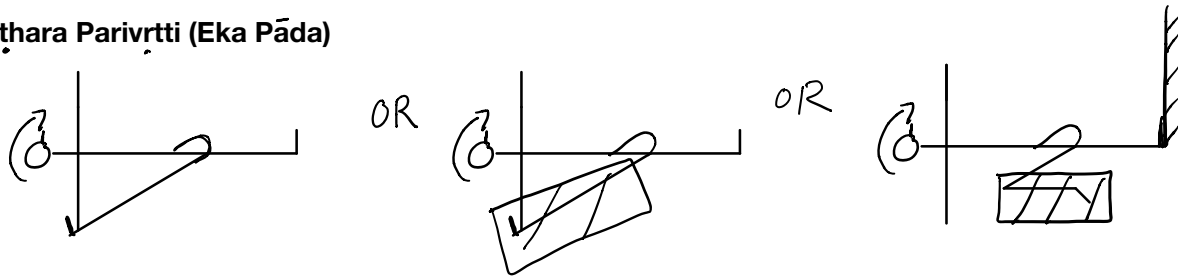
Vinyasa-s - To Place the Body in a Special



Windshield Wiper Variation



Jathara Parivrtti (Eka Pāda)



Standing Poses

Utthita Trikonāsana (Parivrtti) - Standing Triangle (3 Triangles/angles)" - Rotated Twist

