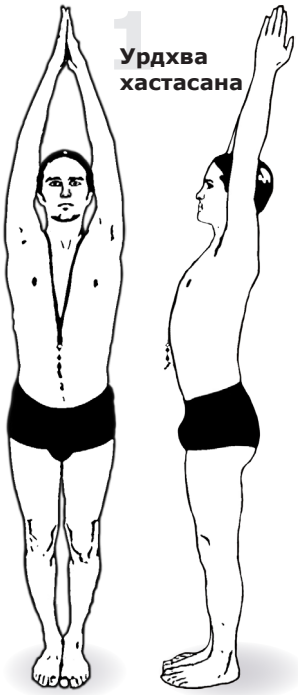
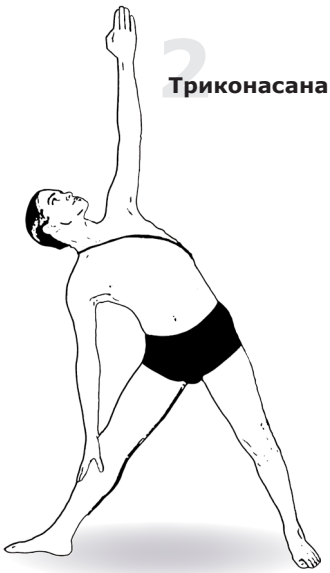
Комплекс №1

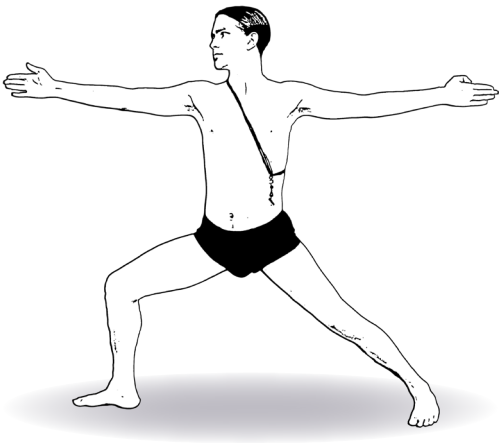
1 Урдхва хастасана



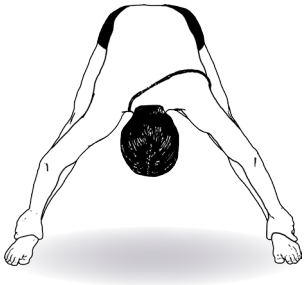
2 Триконасана



3 Вирабхадрасана-I

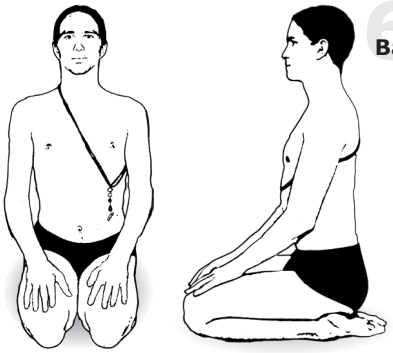


4 Прасарита падоттанасана



5 Намаскарасана

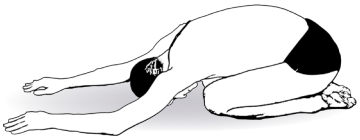
6 Ваджрасана



7 Паршва марджариасана

8 Сарпасана

9 Шашанкасана



10 Ардха-курмасана

11 Вакрасана

12 Йога-мудра в ваджрасане

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