

# COVID 19 RECOVERY



Adho Mukha Virasana



Parsva Adho Mukha Virasana



Parivrtta Adho Mukha Virasana



Pavanmuktasana



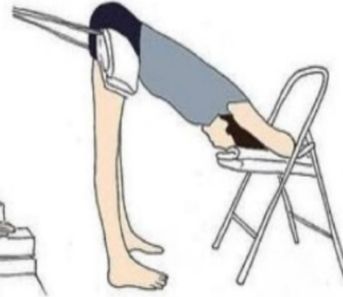
Parsva Pavanmuktasana



Parivrtta Pavanmuktasana



Adho Mukha Svanasana



Ardha Uttanasana



Uttanasana





Prasarita Padottanasana



Prasarita Padottanasana



Samashrayii Dandasana



Samashrayii Dandasana



Samashrayii Dandasana



Samashrayii Upavistha Konasana



Upaashrayii Upavistha Konasana



Adho Mukha Upavistha Konasana



Samashrayii Swastikasana



Upaashrayii Swastikasana



Adho Mukha Swastikasana



Samashrayii Baddha Konasana



Upaashrayii Baddha Konasana



Adho Mukha Baddha Konasana



Supta Virasana



Adho Mukha Virasana



Supta Virasana



Supta Virasana



Adho Mukha Virasana



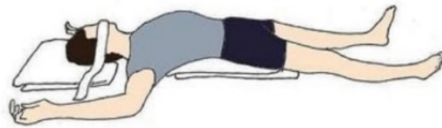
Supta Baddha Konasana



Supta Swastikasana



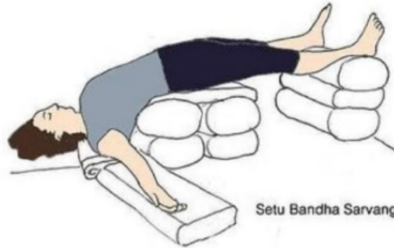
Adho Mukha Swastikasana



Setu Bandha Sarvangasana



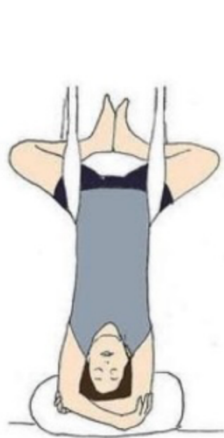
Setu Bandha Sarvangasana



Setu Bandha Sarvangasana



Adho Mukha Swastikasana



Rope Sirsasana



Salamba Sirsasana



Salamba Sarvangasana



Ardha Halasana



Prone Savasana

