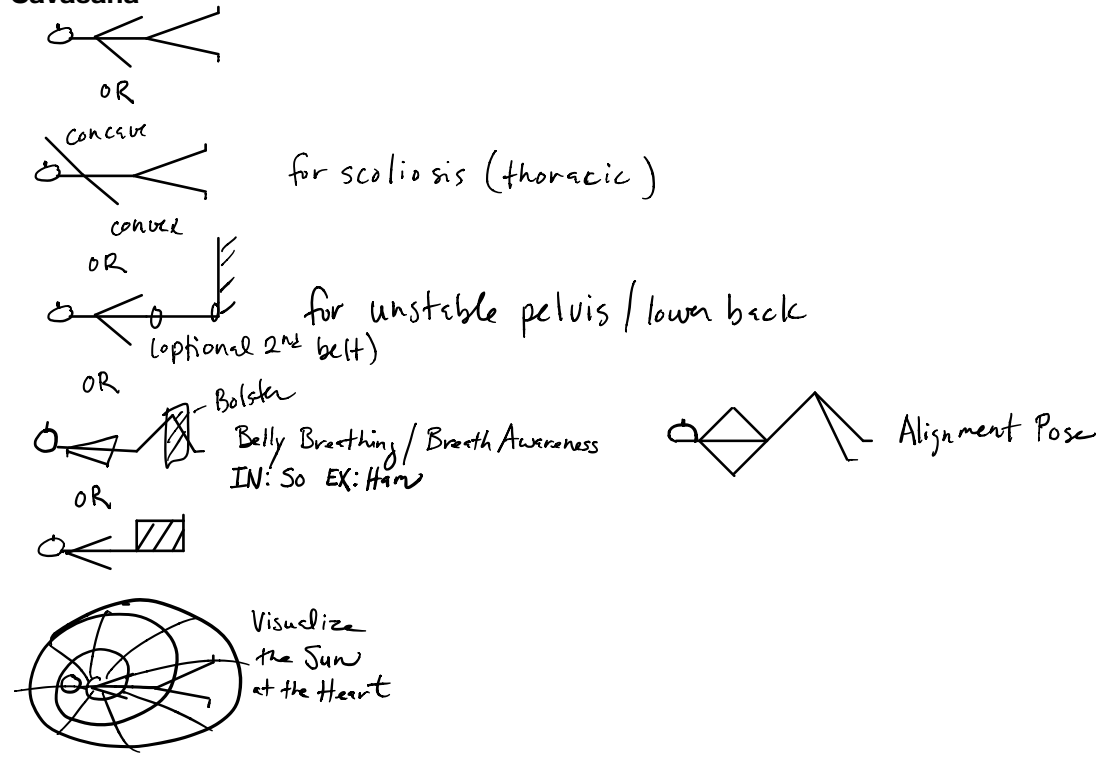


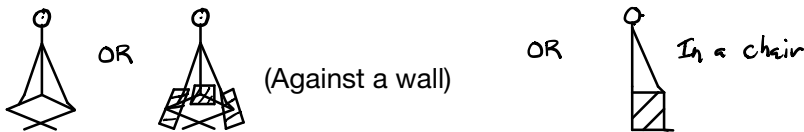
Samasthi - Neutral Spine - Even Standing - 6th Movement around which 5 Movements Move

Savāsana

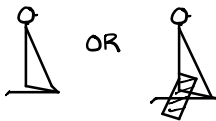


Seated Poses

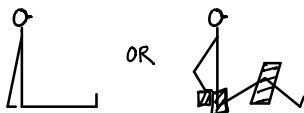
Sukhāsana Classical or Modified with Props



Vajrāsana Classical or Modified with Props



Dandāsana Classical or Modified with Props



Samasthiti - Even Standing / Mountain Pose

