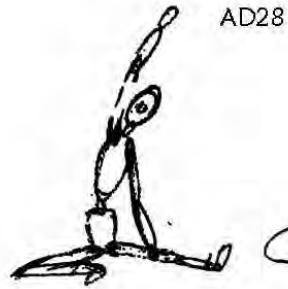
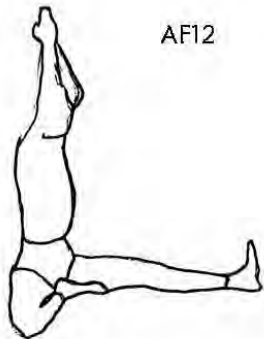


50. CHIN TO SHIN A:
forward
use blanket and belt

51. CHIN TO SHIN B
to the side



52. BUTTERFLY (COBBLERS, baddha konasana)



53. HALF SPINAL TWIST (marichyasana C)

