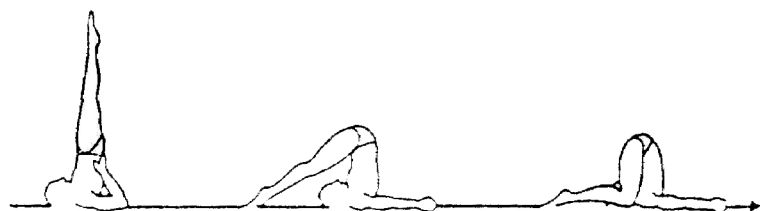


# Finishing Sequence



Sāmbha  
Sarvāṅgāsana

Halāsana

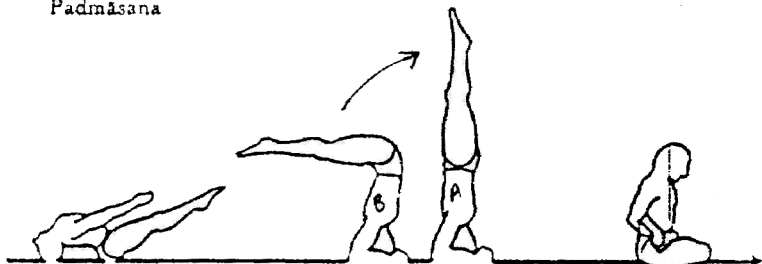
Karnapīdāsana



Urdhva  
Padmāsana

Pīndāsana

Mathsyāsana



Uttāna Padāsana

Śīrṣāsāna

Baddha Padmāsana



Yogamudra

Padmāsana

Utpluṭhīn