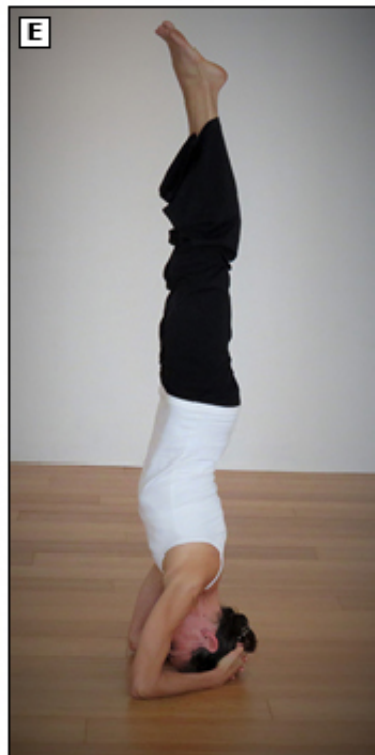


Advanced yoga poses



- (A) Toe stand (Padangusthasana).
- (B) Full lotus.
- (C) Plow (Halasana).
- (D) Shoulderstand (Sarvangasana).
- (E) Headstand (Sirisasana).

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