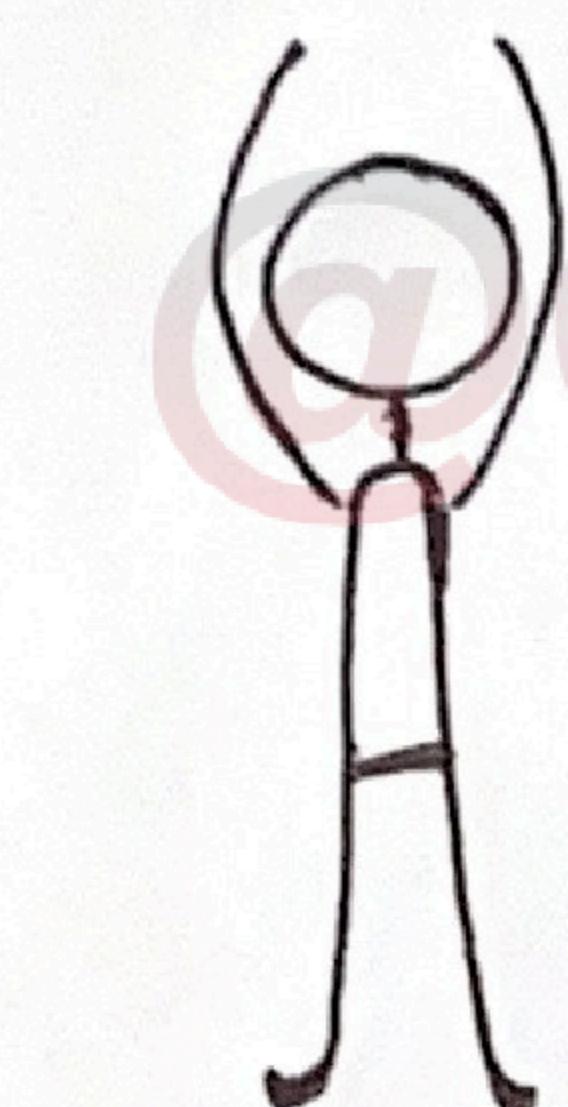
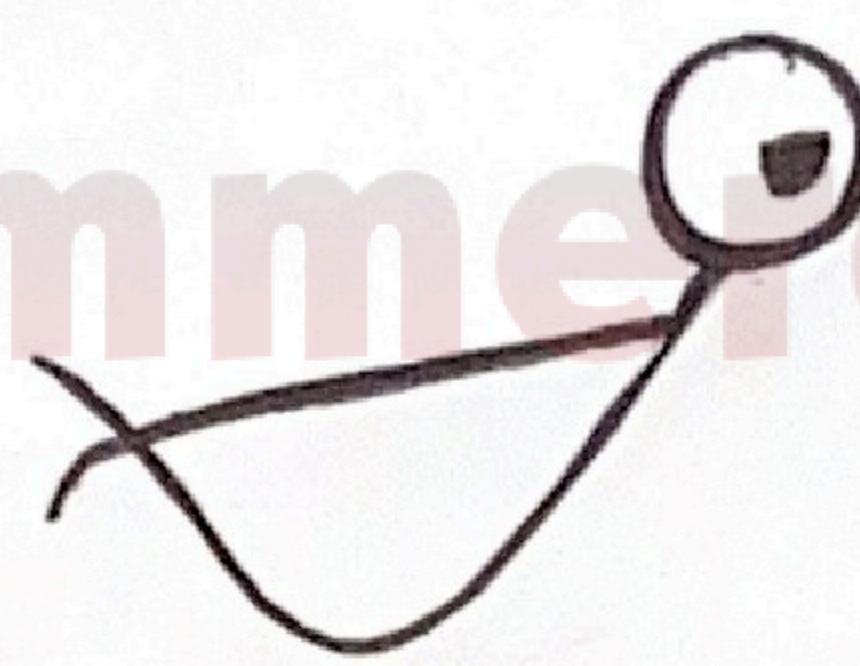


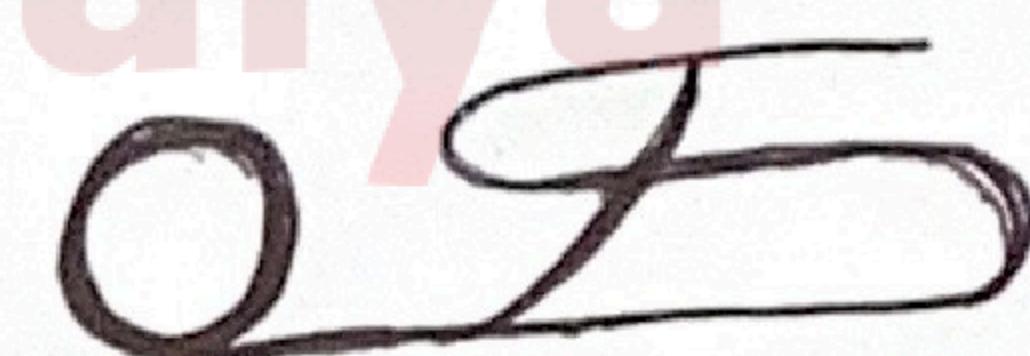
Obesity



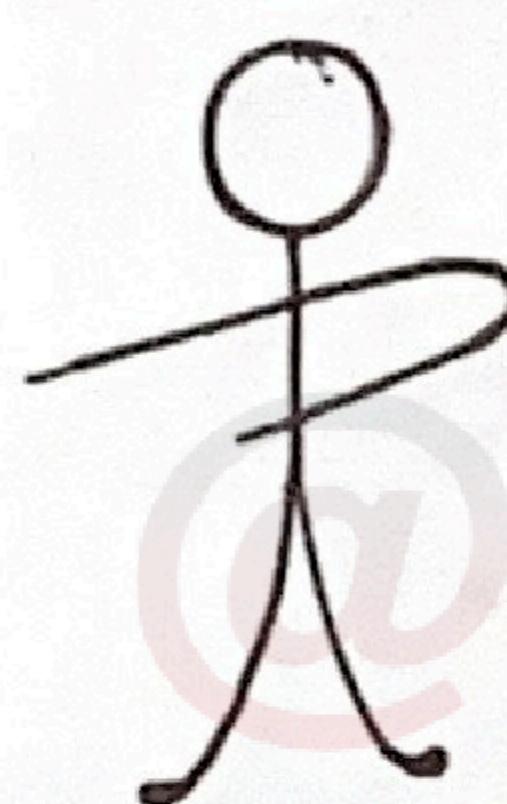
Tadasana



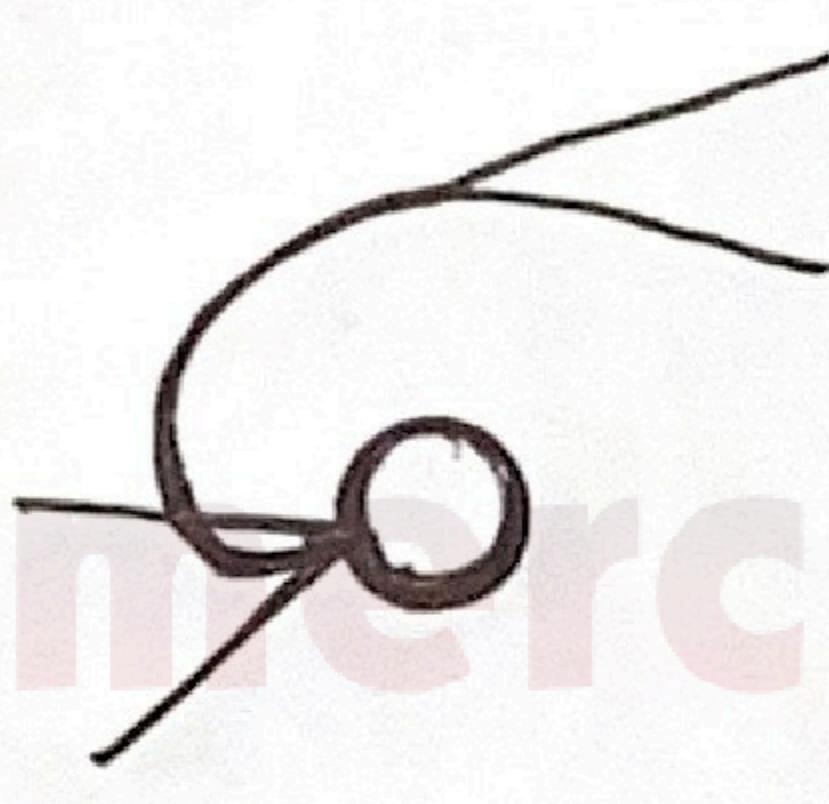
Dhanyasana



Paranmuktasana



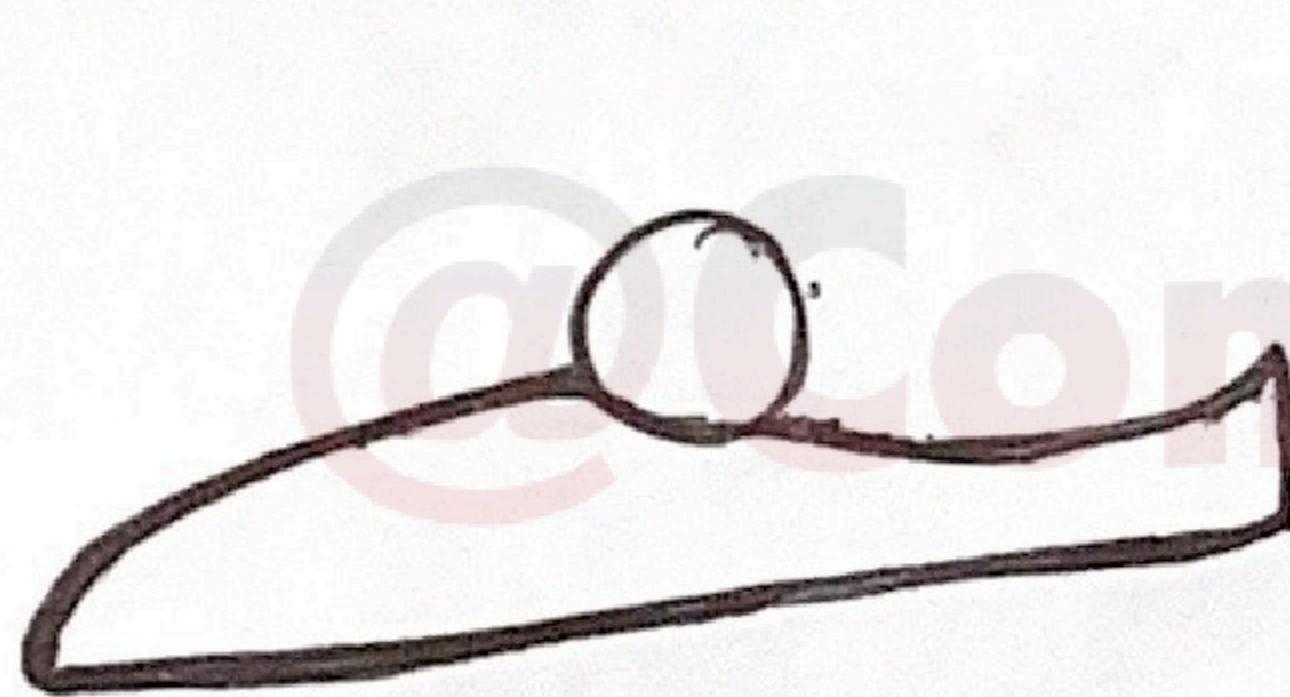
Katicakrasana



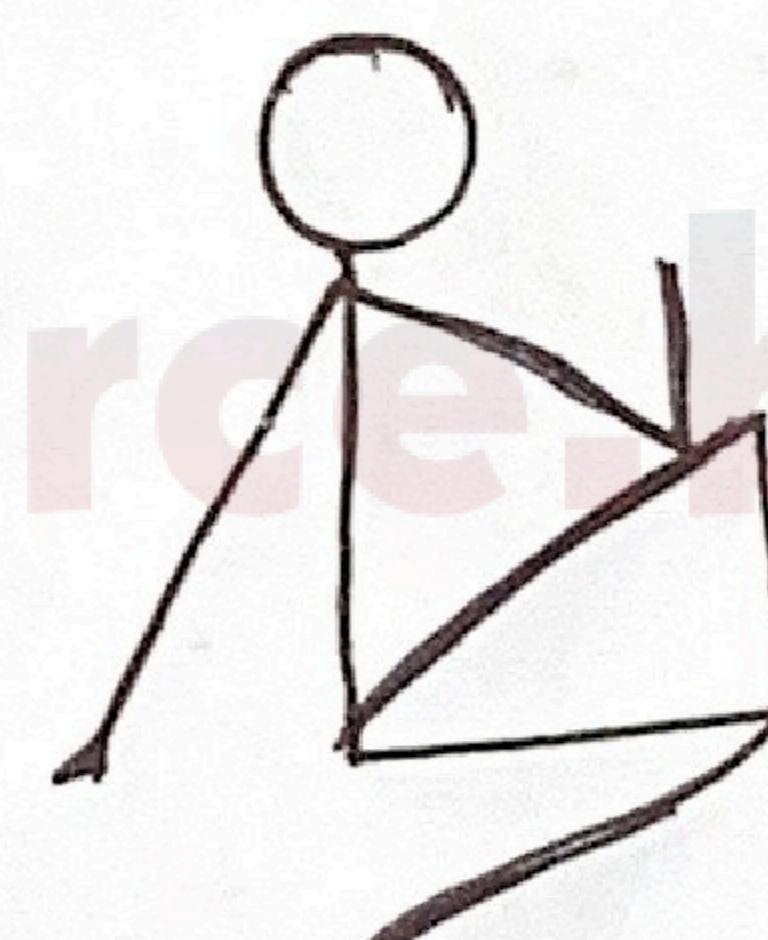
Halasana



Ustrasana



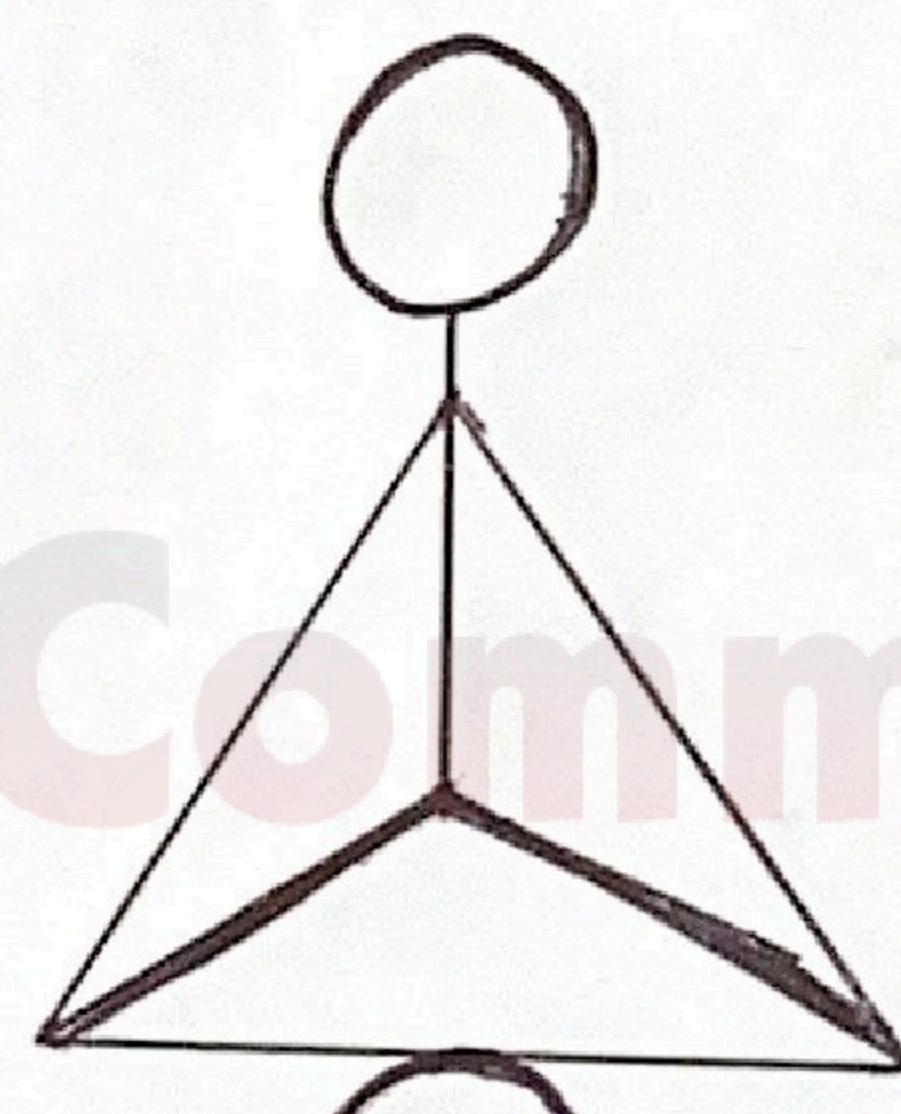
Paschimottasana



Ardha-Mastendrasana



Matsyasana



Surya-Bhedhan
Pranayama

Diabetes



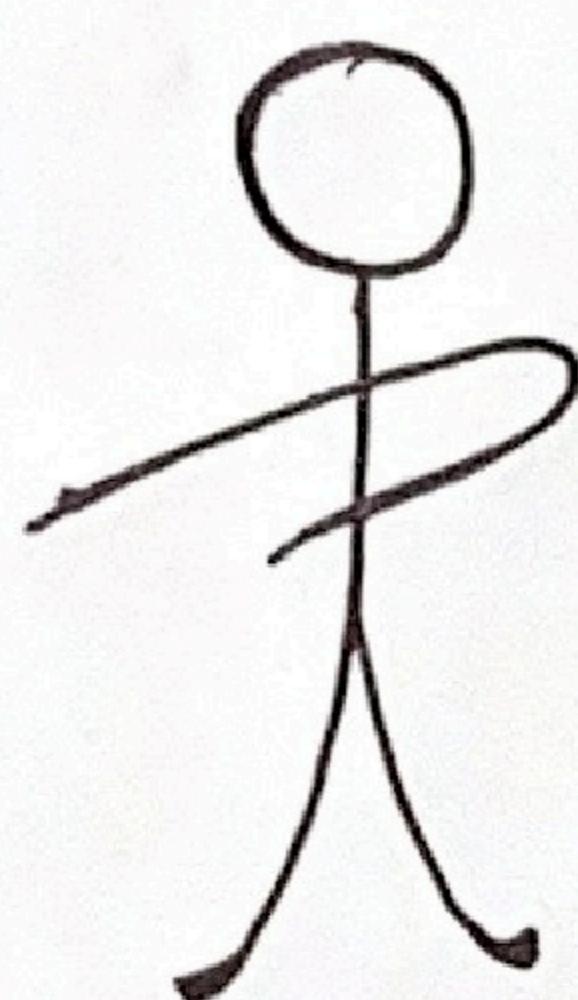
Bujangasana



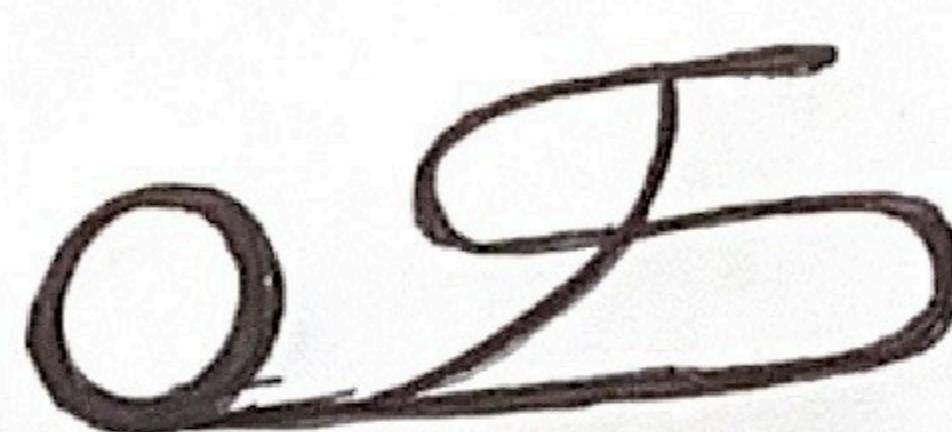
Supta - Vajrasana



Shalabhasana



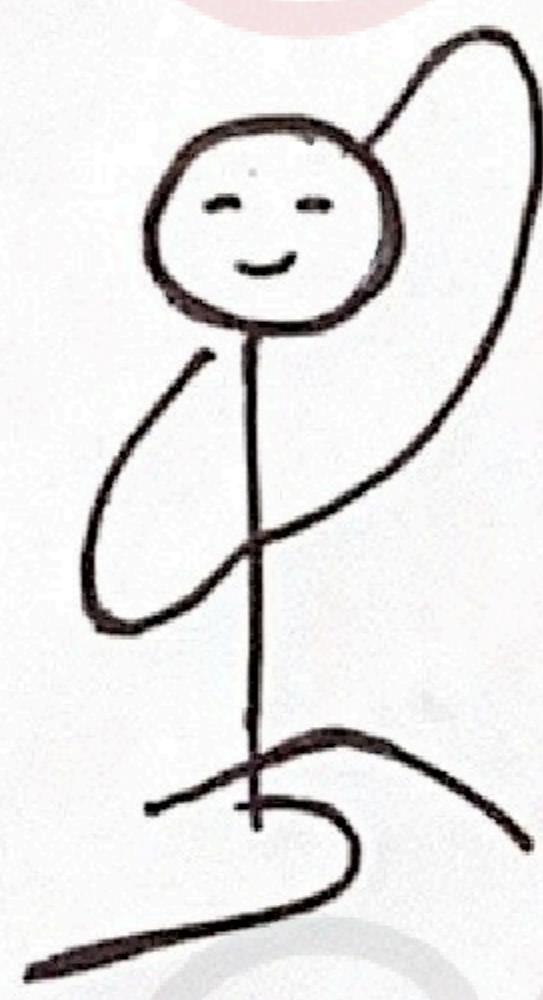
Katicakrasana



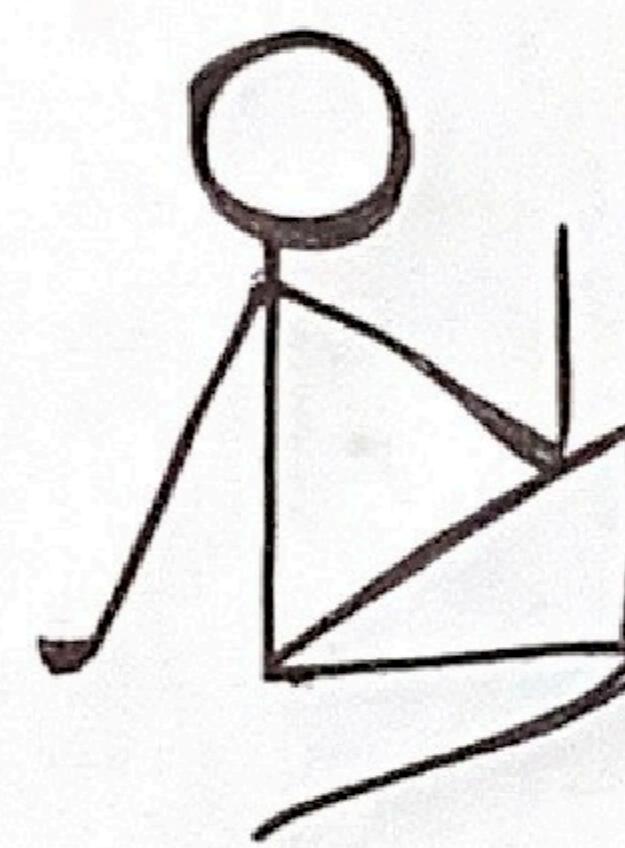
Parshmuktasana



Yogamudra



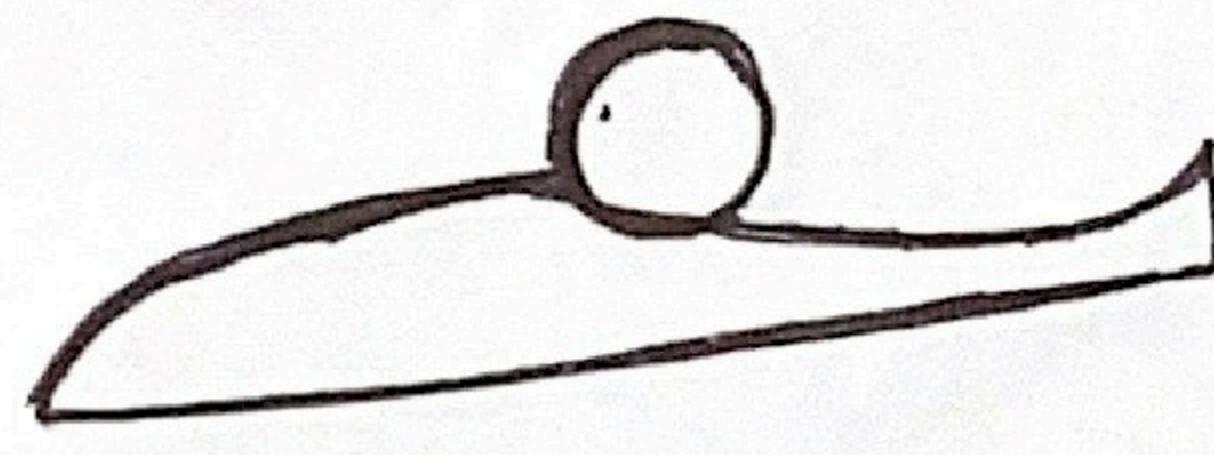
Gomukhasana



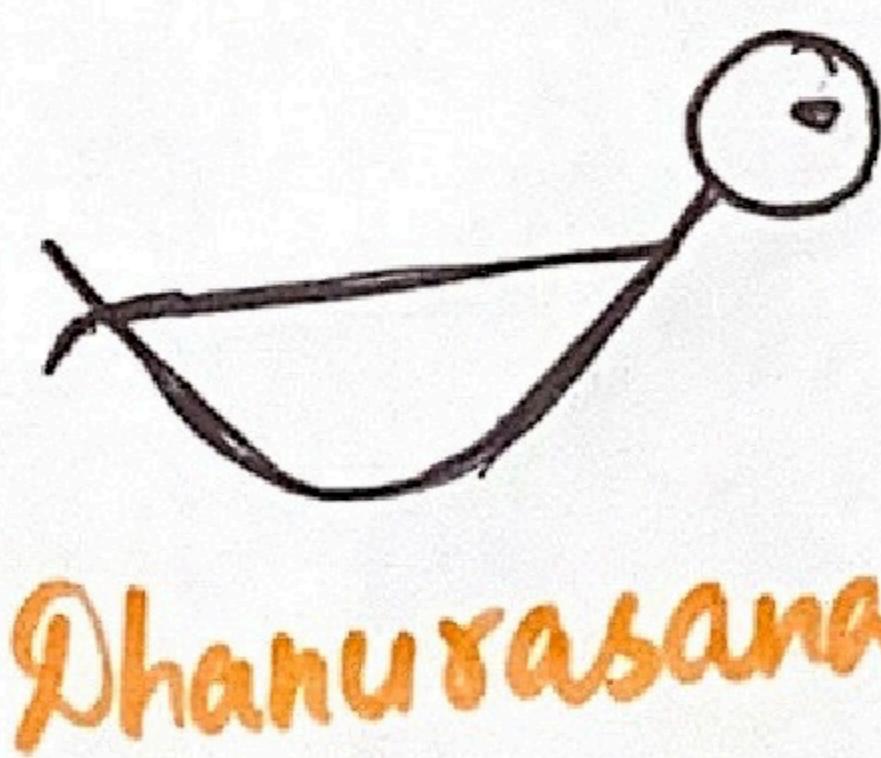
Ardha - Mastendrasana



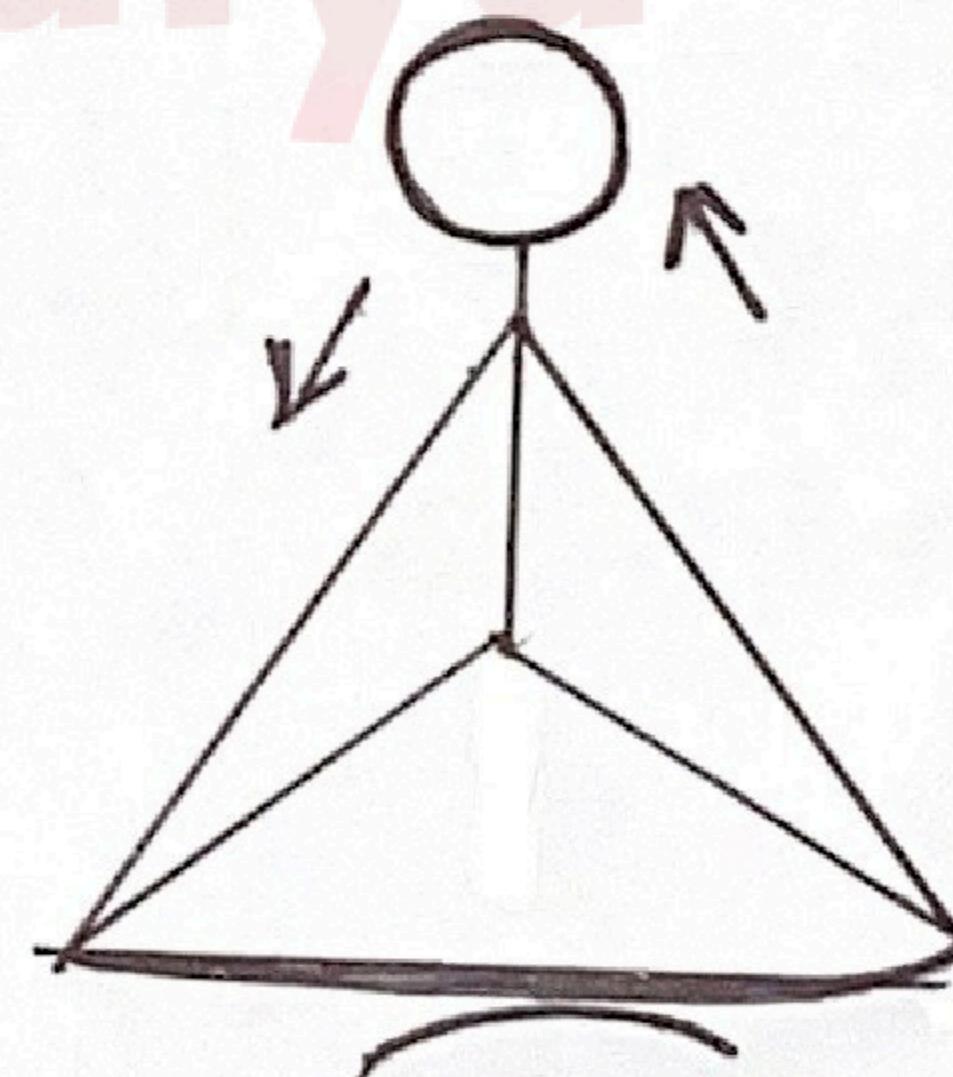
Ustrasana



Paschimottanasana



Dhanurasana



Kalpalabhati

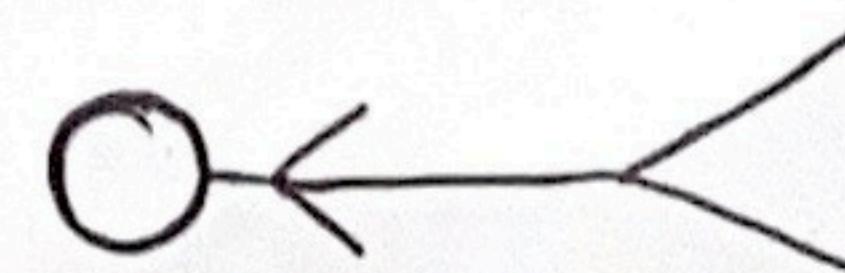


Mandukasana

Hyper - Tension



Ardha - Halasana



Shavasana



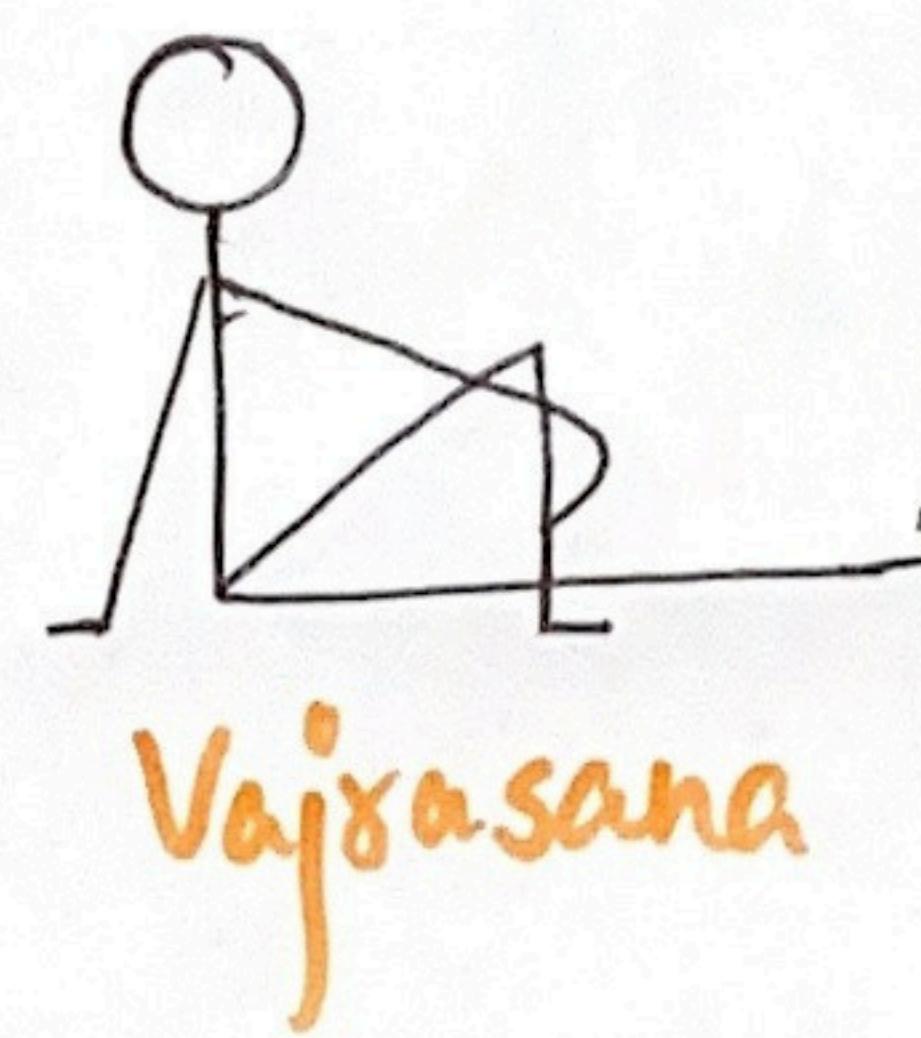
Tadasana



Katichakrasana



Gomakasana



Vajrasana



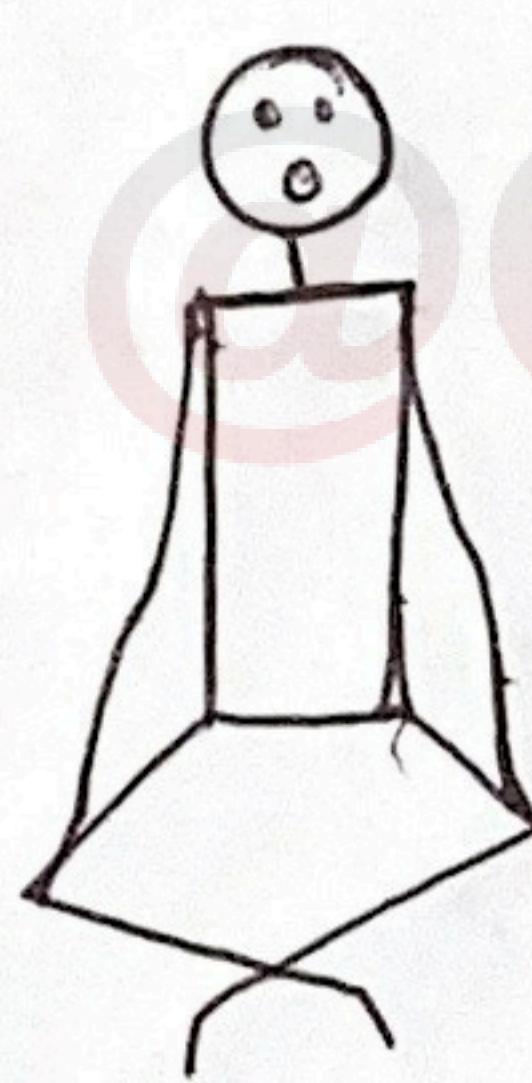
Bujangasana



Uttan - Mandukasana



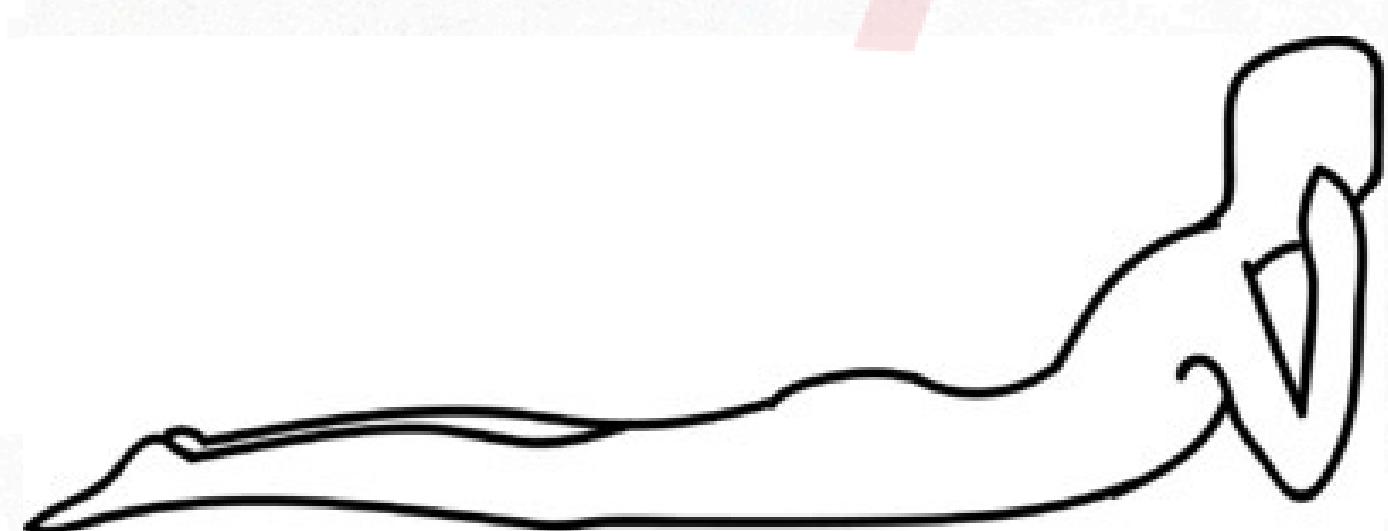
Uttanapadasana



Sitaliprshnayam



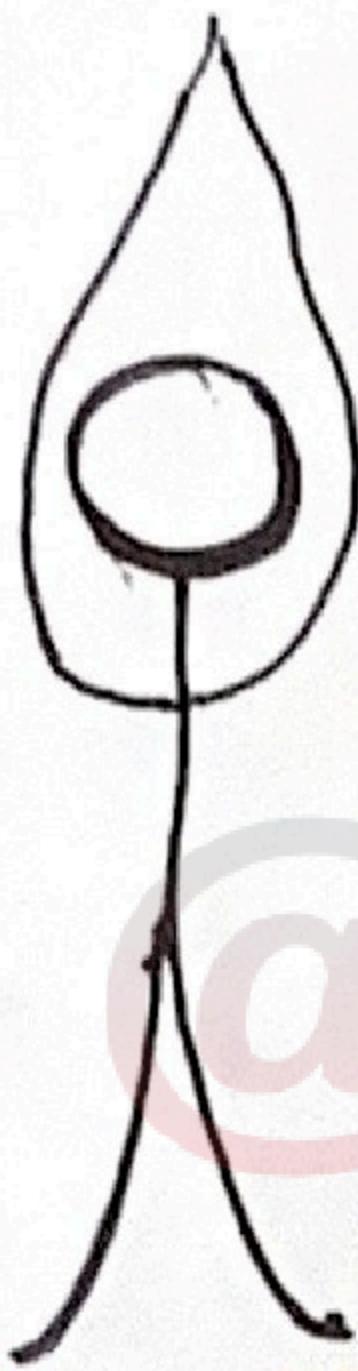
Ardha - Halasana



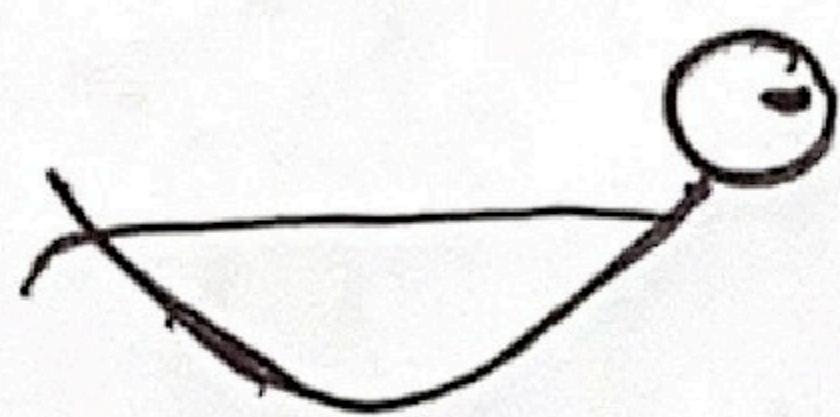
Matsyasana

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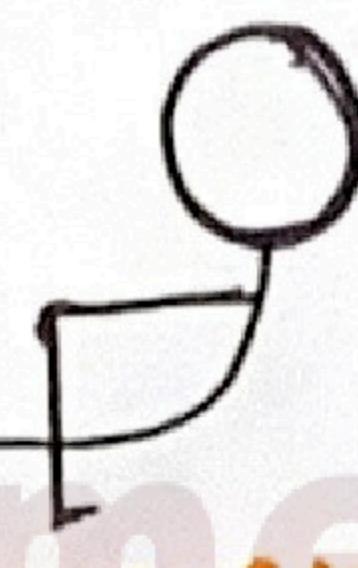
Asthma



Urdhva-Hastasana



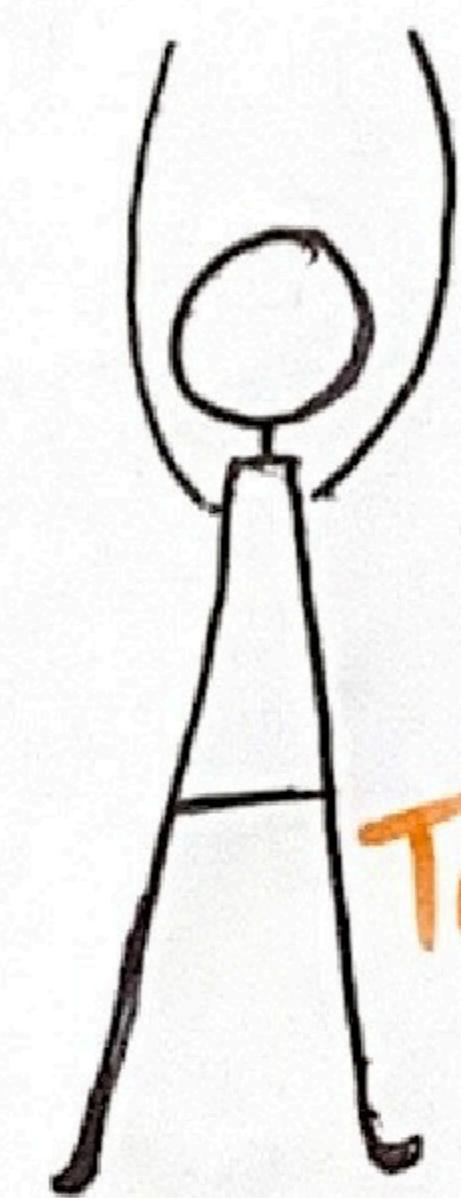
Dhanurasana



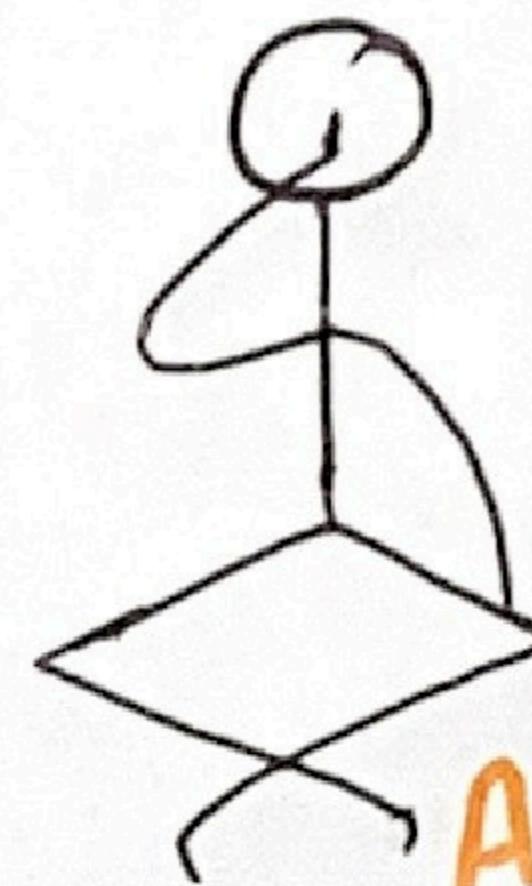
Bujangasana



uttan-Mandukasana



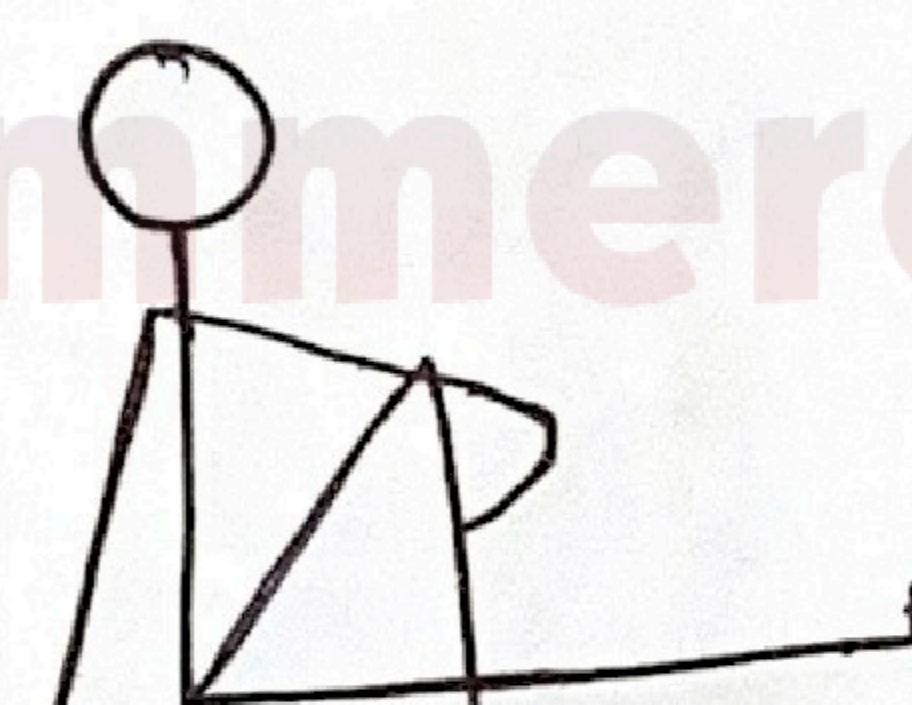
Tadasana



Alom-Vilom



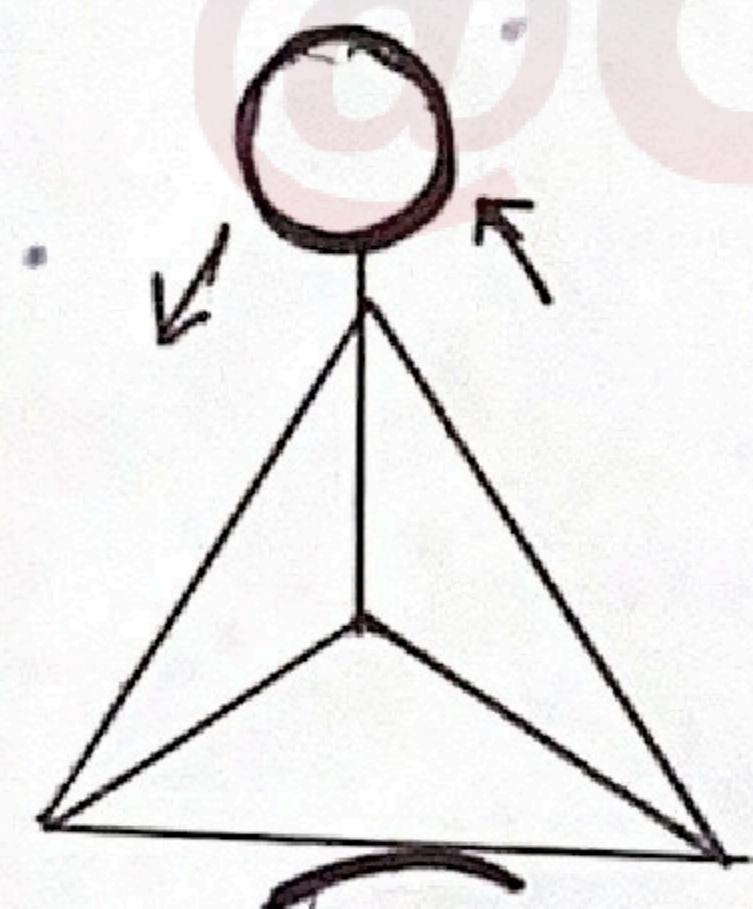
Ultrasana



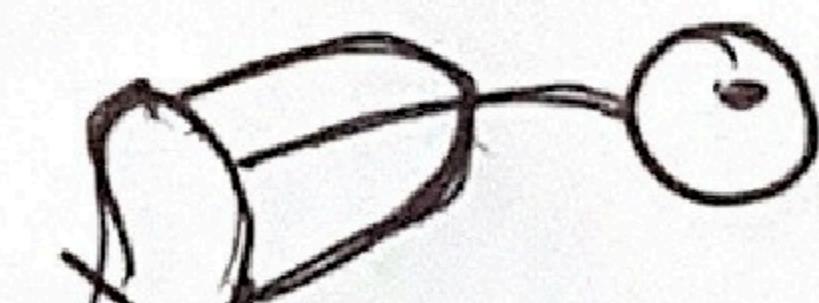
Vajrasana



Gomukhasana



Kalpalbhati



Matsyasana

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