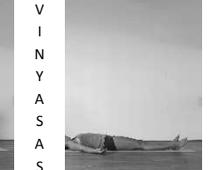


**FINISHING ASANAS**

|   |  |   |   |  |  |  |  |  |
|---|--|---|---|--|--|--|--|--|
| <p>Paschimottanasana</p>  <p>10 breaths</p> | <p>Tada Mudra</p>  <p>5 breaths</p> | <p>Salamba Sarvangasana</p>  <p>25 breaths</p> | <p>Halasana</p>  <p>10 breaths</p> | <p>Karna Pidasana</p>  <p>10 breaths</p>                                    | <p>Urdhva Padmasana</p>  <p>10 breaths</p> | <p>Pindasana</p>  <p>10 breaths</p>               | <p>Matsyasana</p>  <p>10 breaths</p>  | <p>Uttana Padasana</p>  <p>10 breaths</p>                           |
| V<br>I<br>N<br>Y<br>A<br>S<br>A<br>S  |  |   |   |  |  |  |  | C<br>H<br>A<br>K<br>R<br>A<br>S<br>A<br>N<br>A   |
| <p>Sirsasana</p>  <p>25 breaths</p>         |  <p>10 breaths</p>                  | <p>Lift head (optional)</p>  <p>10 breaths</p> |  <p>10 breaths</p>                 | <p>V<br/>I<br/>N<br/>Y<br/>A<br/>S<br/>A<br/>S</p> <p>Vaddha Padmasana</p>  | <p>Yoga Mudra</p>  <p>10 breaths</p>       | <p>Padmasana / Jnana Mudra</p>  <p>25 breaths</p> | <p>Uth Pluthih</p>  <p>10 breaths</p> | <p>V<br/>I<br/>N<br/>Y<br/>A<br/>S<br/>A<br/>S</p> <p>Savasana</p>  |