

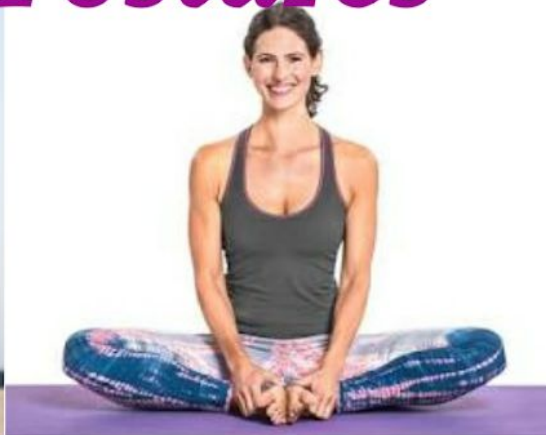


CROWN CHAKRA

Yoga Postures



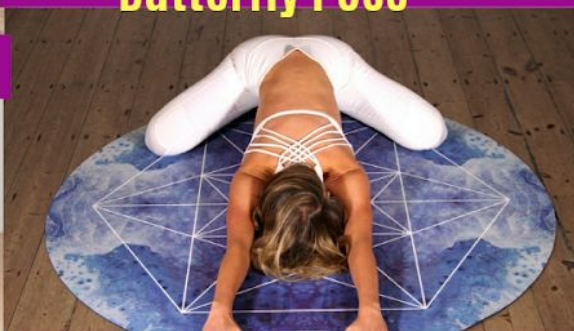
EAGLE POSE



Butterfly Pose



Puppy POSE



CHILD'S POSE



PLANK POSE



SARVANGASANA



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TREE POSE



CHAKRA MEDITATION