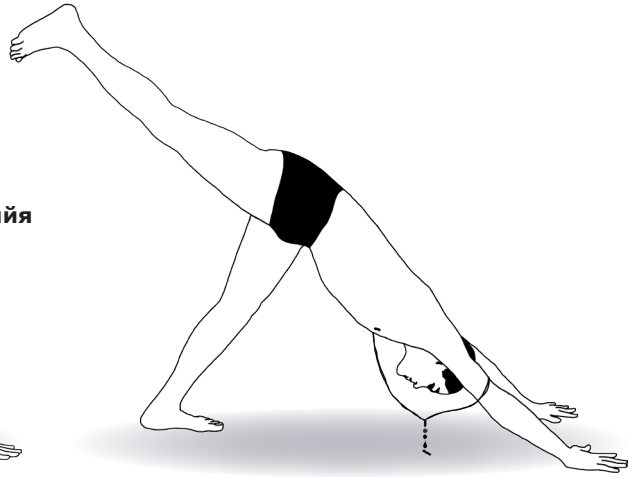
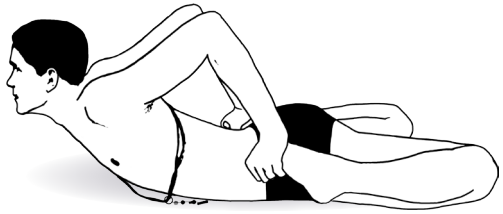
Комплекс №7

1 Адхо-мукха крийя



2 Бхекасана

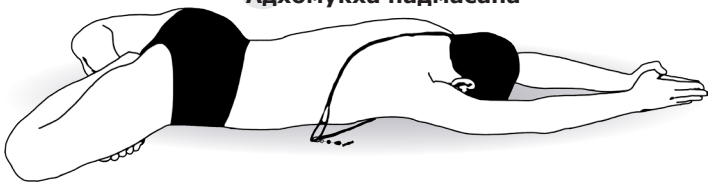


3 Бакасана

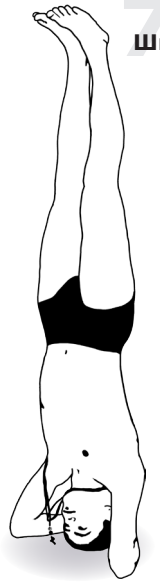
4 Аштавакрасана

5 Маюрасана в падмасане

6 Адхомукха падмасана

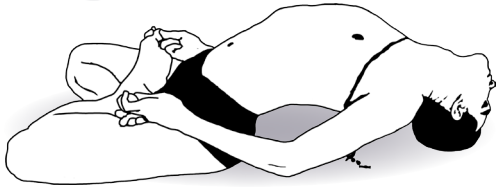


7 Ширшасана

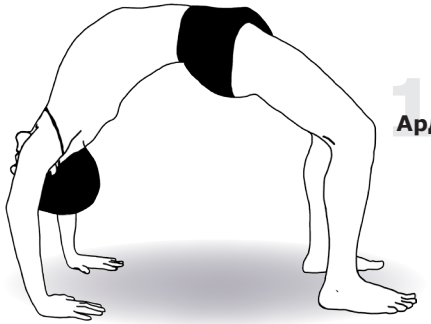


8 Халасана

9 Матсьясана в падмасане



10 Ардха чакрасана



11 Курмасана

12 Падмасана

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