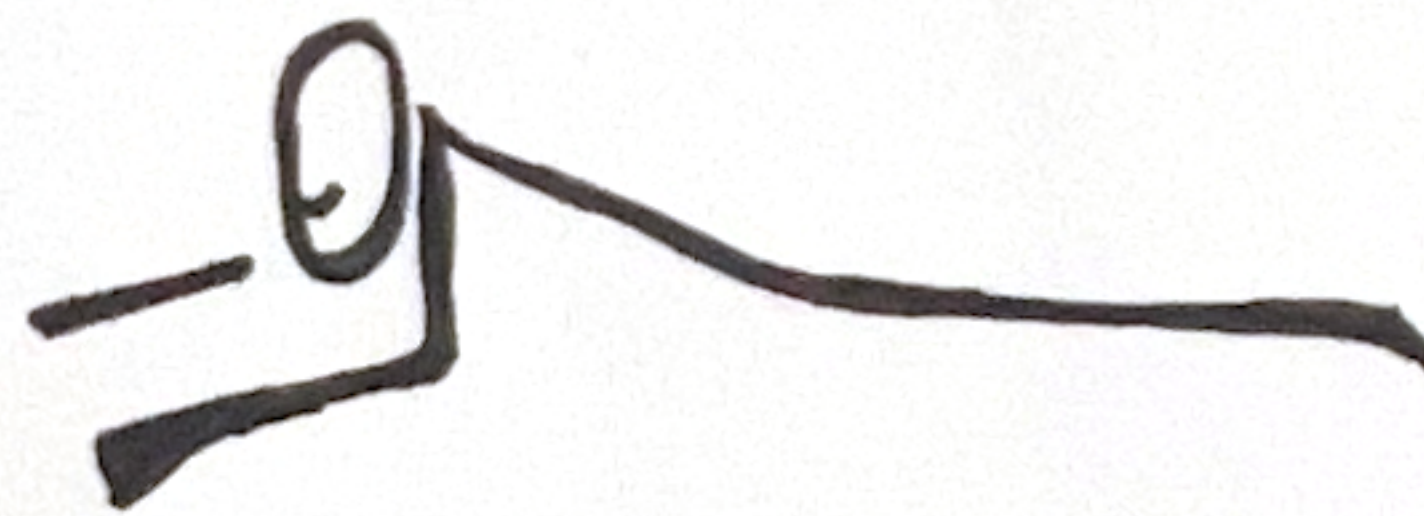


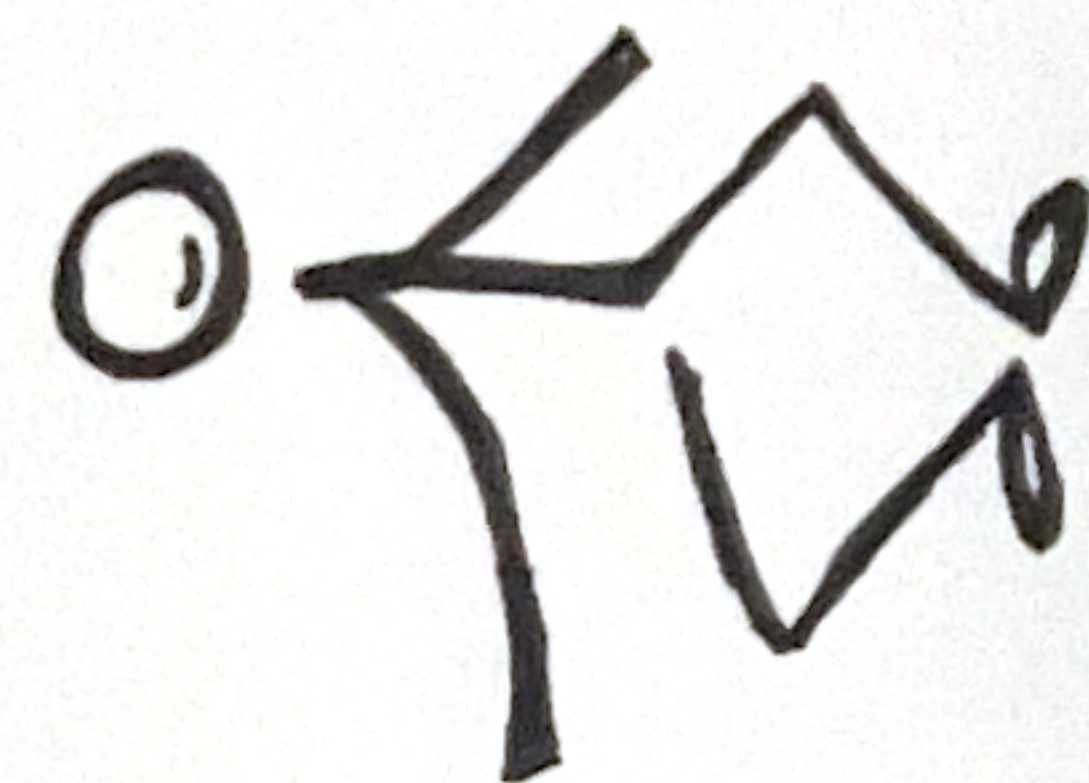
Some ways to lie down



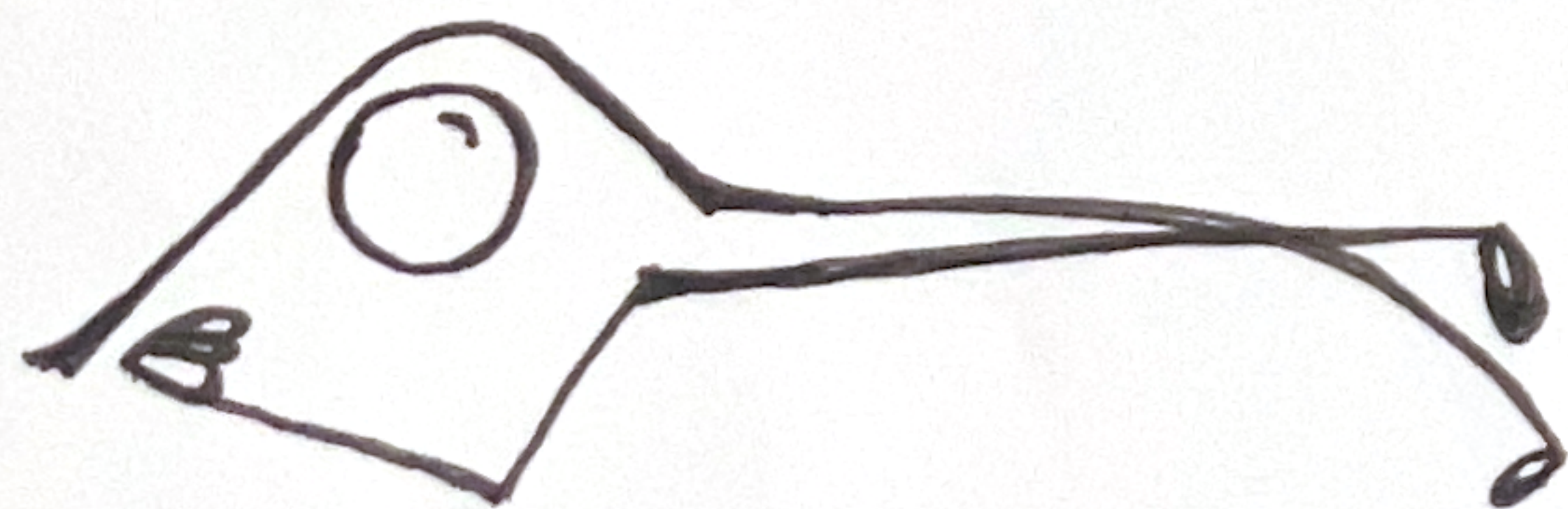
wide-legged child's pose



cobra



reclined cobbler's pose



banana sana



knees to chest



reclined spinal twist



savasana