



Seated meditation



Yoga poses for pregnancy

Malasana



Upavistha with lateral bends



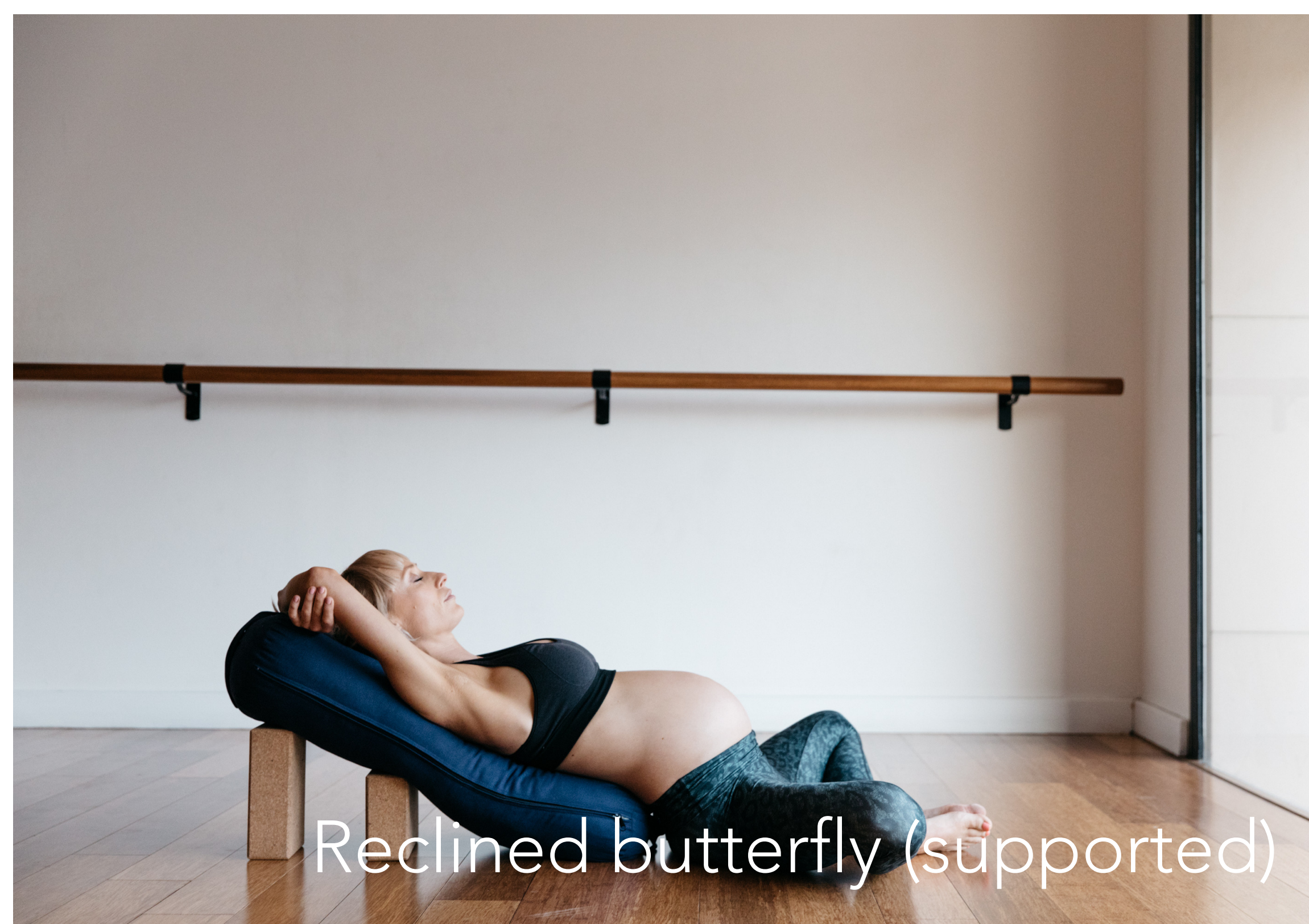
Upavistha



Upavistha



Butterfly



Reclined butterfly (supported)



Savasana (supported)