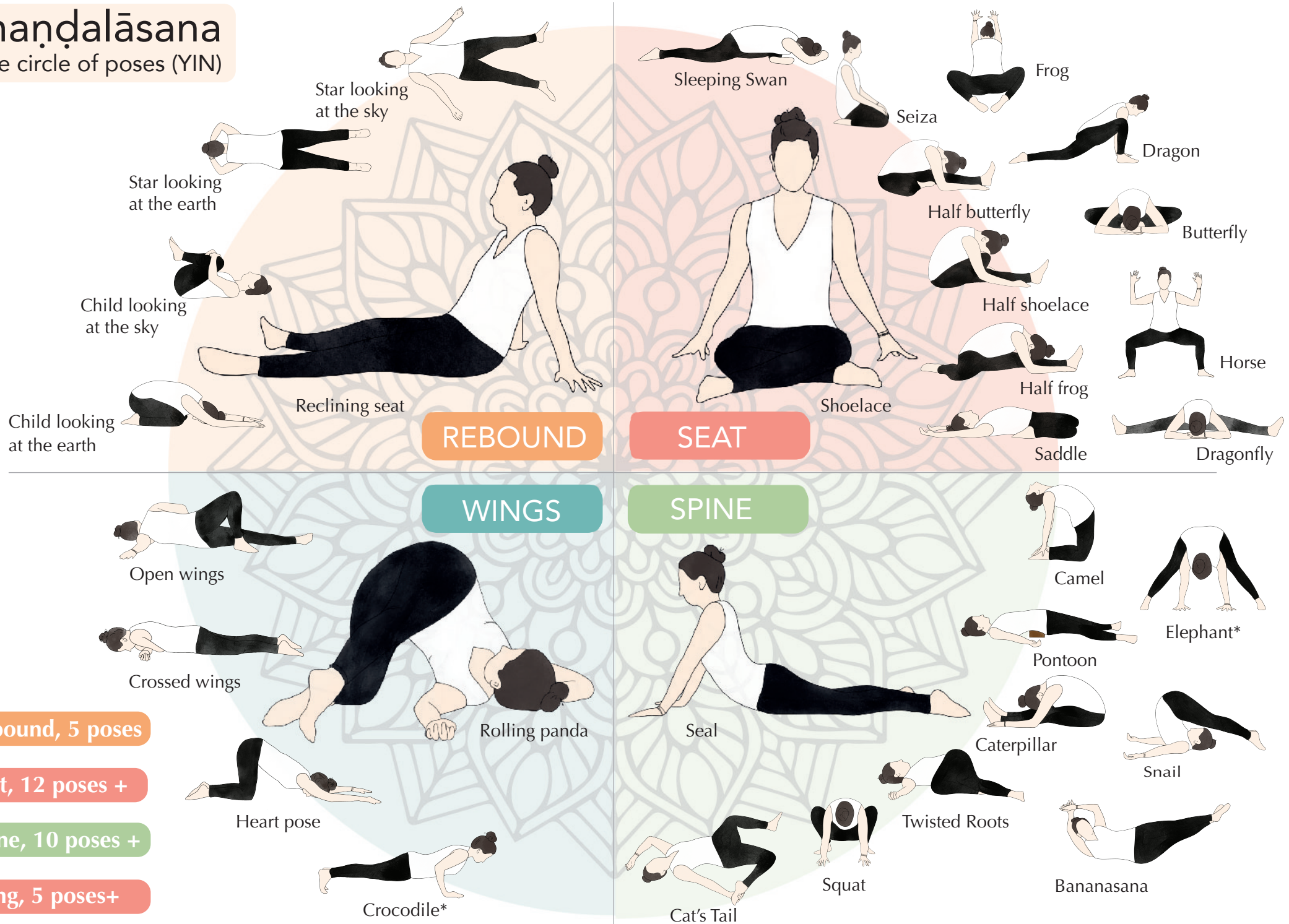


maṇḍalāsana

The circle of poses (YIN)



Rebound, 5 poses

Seat, 12 poses +

Spine, 10 poses +

Wing, 5 poses+