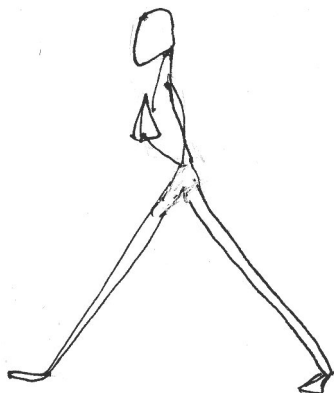
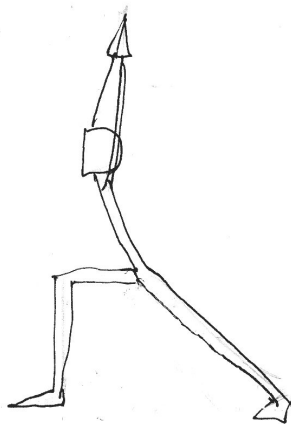




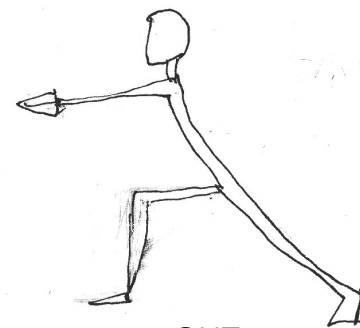
IN



OUT



IN

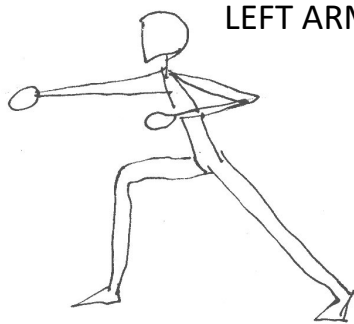


OUT

RIGHT LEG FORWARD

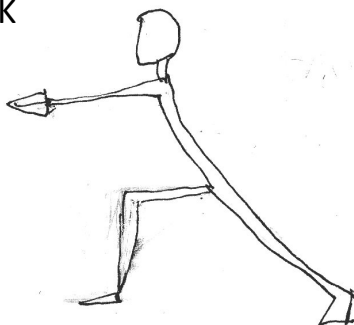


SANKALPA

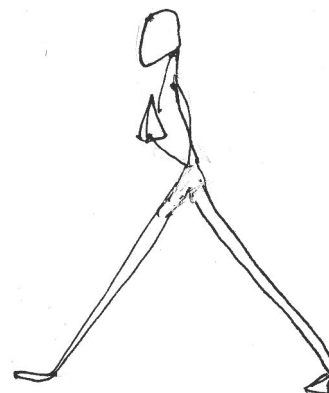


IN

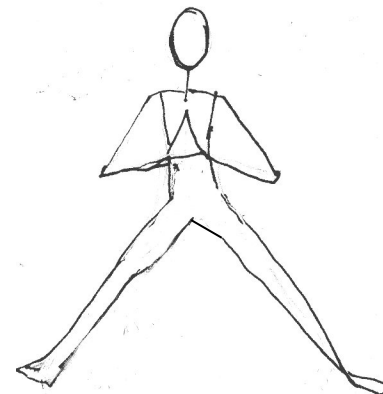
LEFT ARM BACK



OUT



IN



OUT

Repeat on left side