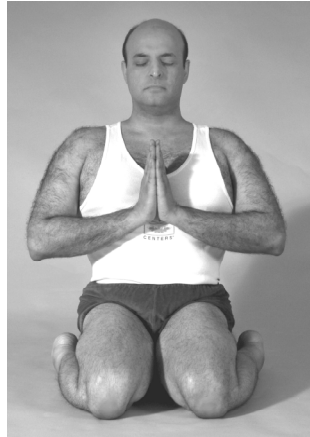
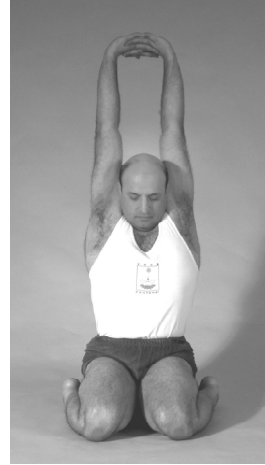


# Purna Yoga™ Opening Series

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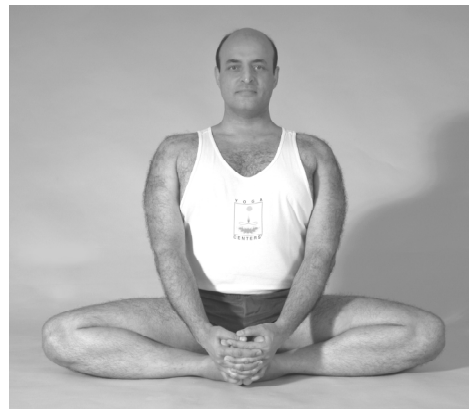
1. Virasana  
The Brave Pose



2. Parvatasana in Virasana  
The mountain stretch in  
Virasana



3. Parsva Virasana  
Side stretch in Virasana



4. Baddhakonasana  
The cobbler pose, or the bound triangle