

Menstruation Sequence from Pune

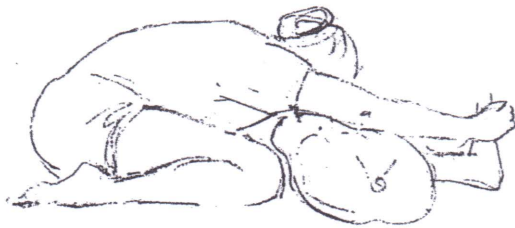
Geetaji 12 December 1997



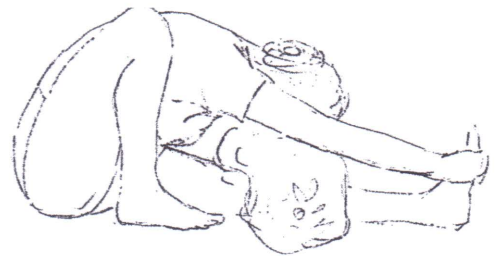
1) Janu Sirsasana
(2 minutes each side)



2) Ardha Baddha Padma Paschimottanasana
(2 minutes each side)
(or repeat Janu Sirsasana)



3) Triang Mukhaikapada Paschimottanasana
(2 minutes each side)



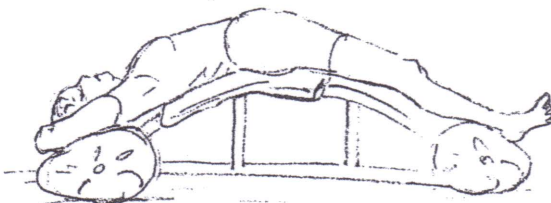
4) Marichyasana 1
(2 minutes each side)



5) Paschimottanasana
(5 minutes)



6) Upavistha Konasana
(2 minutes each to right, left and centre)



7) Backbender
(6 - 8 minutes)

OR



7) Cross bolsters
(6 - 8 minutes)

