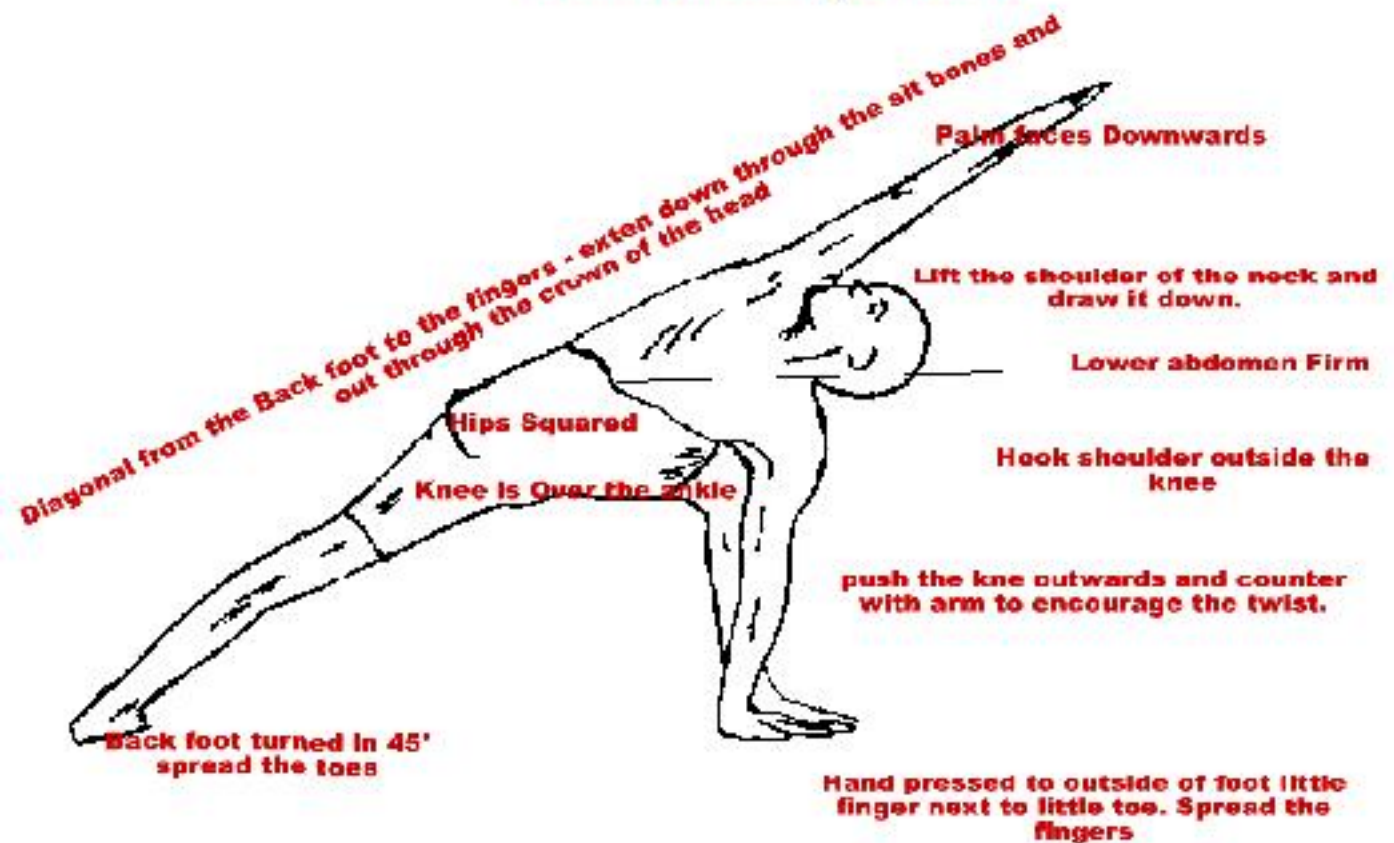


PARIVRATA PARSHVAKONASANA

Revolved Side angle Posture



MODIFICATIONS



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OPTION 1



OPTION 2

