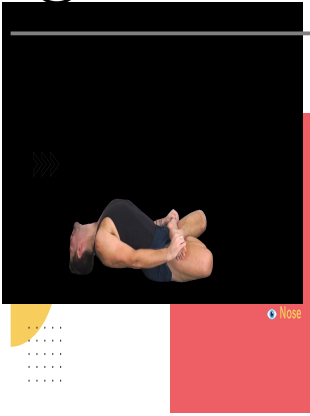




Matsyasana

Description

MATSYASANA (12 movements)

9 NAVA Exhale, lift up

Author

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