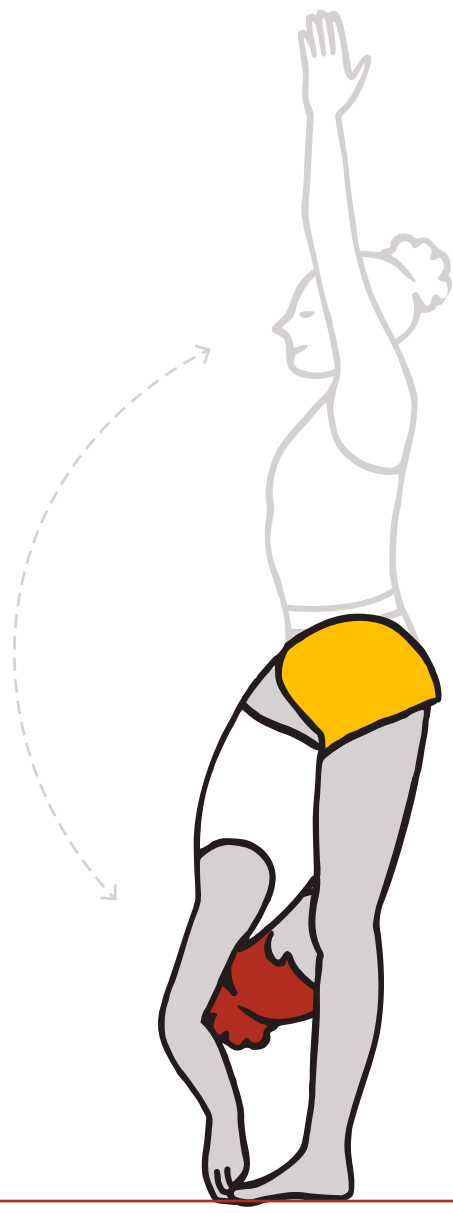


Call it what it is. **Period.**

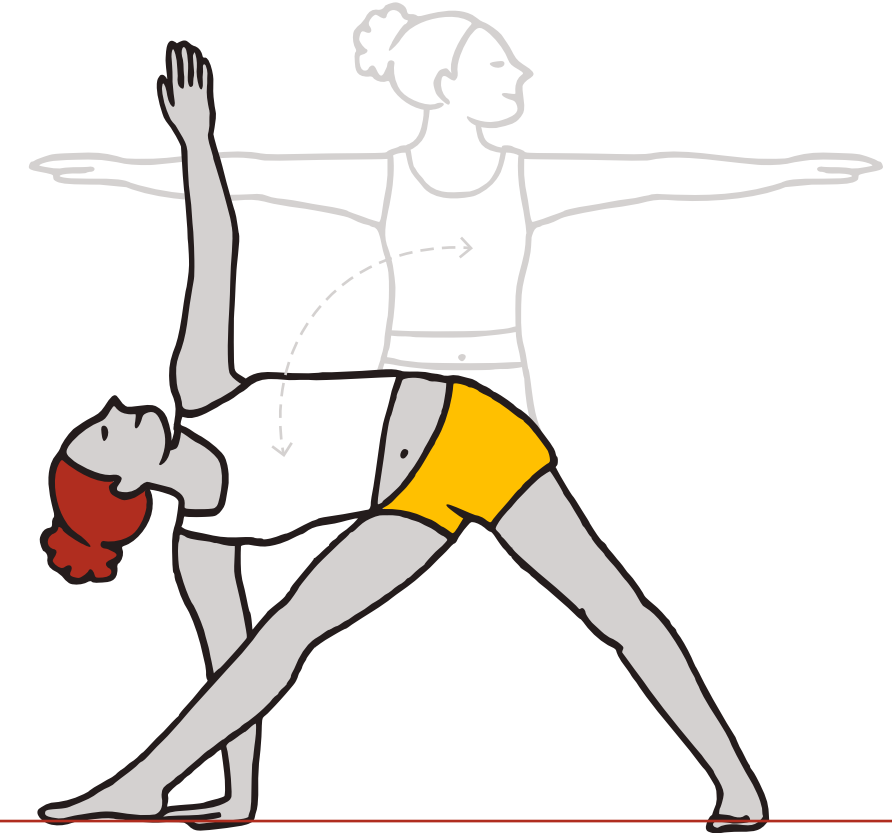
Yoga for cramps and PMS



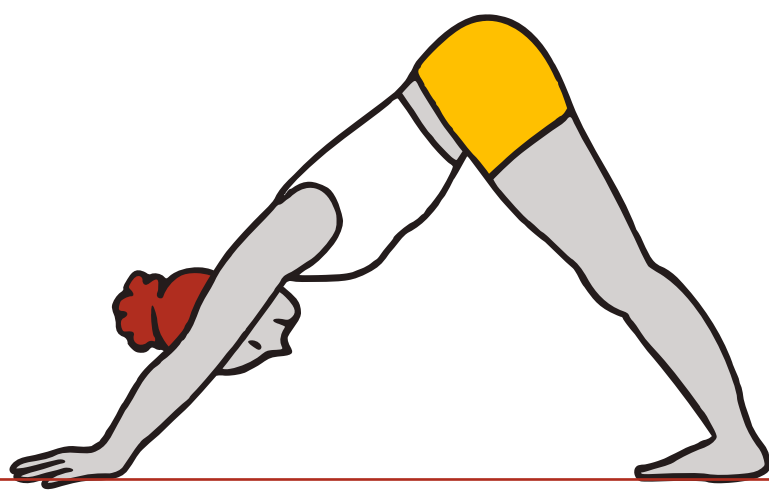
Padangushthasana



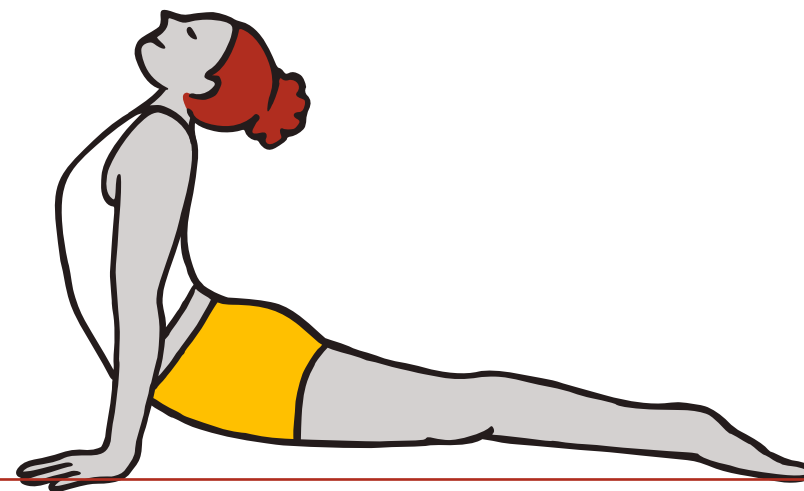
Virabhadrasana



**Utthita
Trikonasana**



**Adho-Mukha
Shvasana**



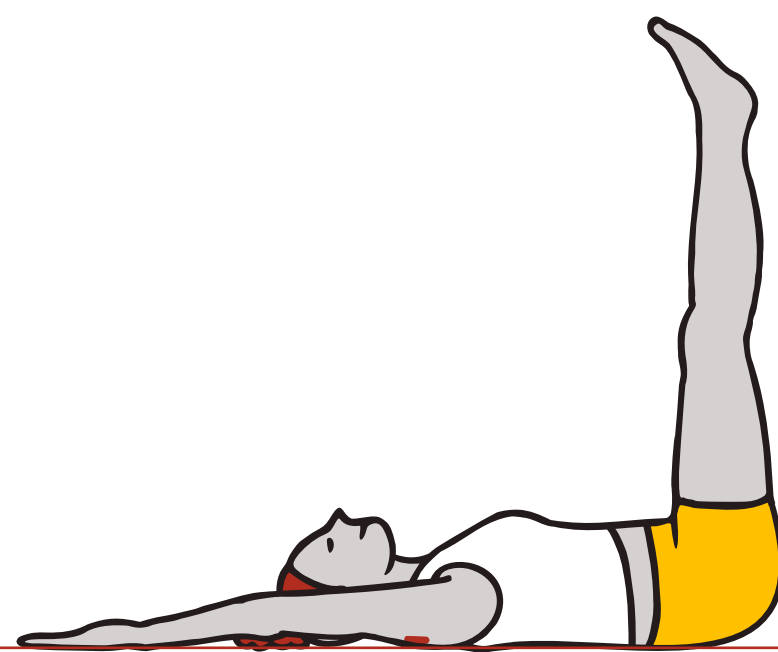
**Urdhva-Mukha
Shvasana**



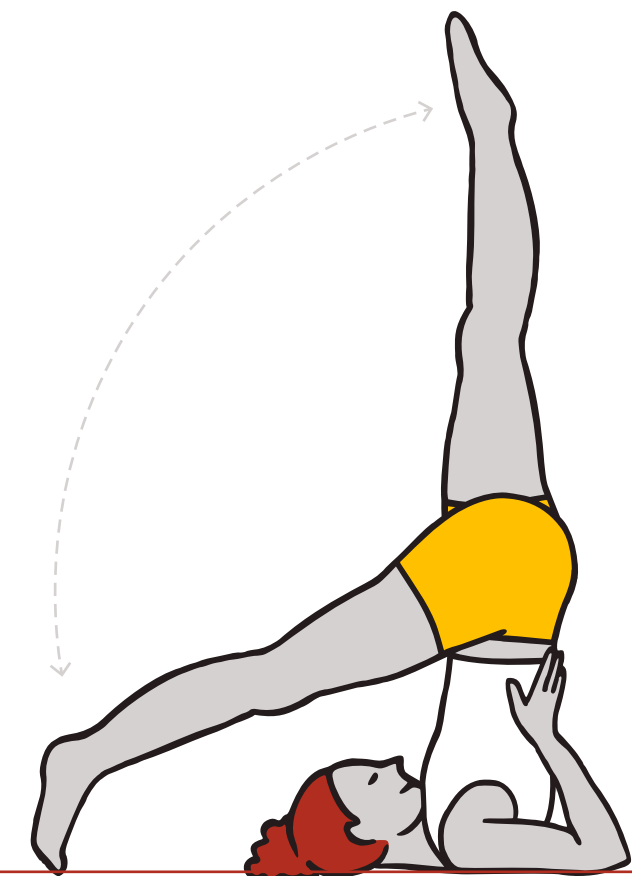
Maha-Mudra



Siddhasana

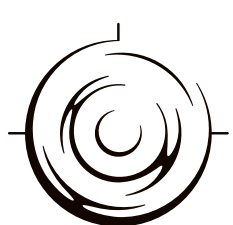


**Urdhva-Prasarita
Padasana**



**Eka-Pada
Sarvangasana**

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