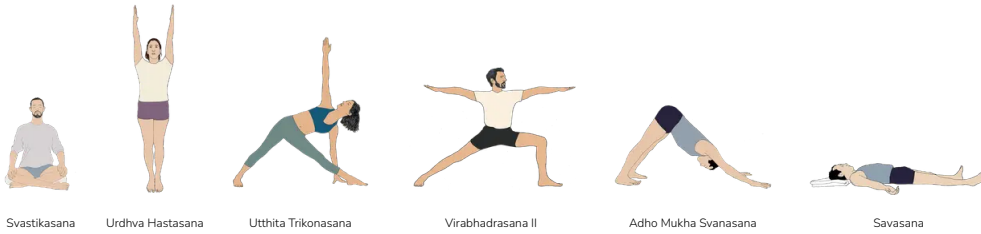


S V E J A R

Kort morgonrutin för upptagna pappor



Svastikasana

Urdhva Hastasana

Utthita Trikonasana

Virabhadrasana II

Adho Mukha Svanasana

Savasana