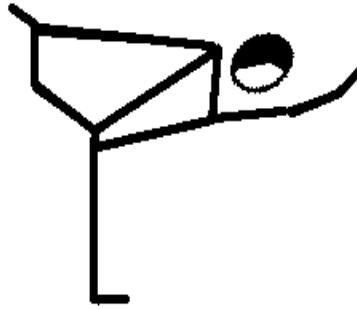


## Sequenza della flessibilità



Tandava (sx-dx)



Sivanataraja (sx-dx)



Tada



Bhaka



Vartaka



Chataka (sx-dx)



Lakini (sx-dx)



riposo di Lakini (sx-dx)



Ardha bujanga



Dhanura



Raja bujanga

