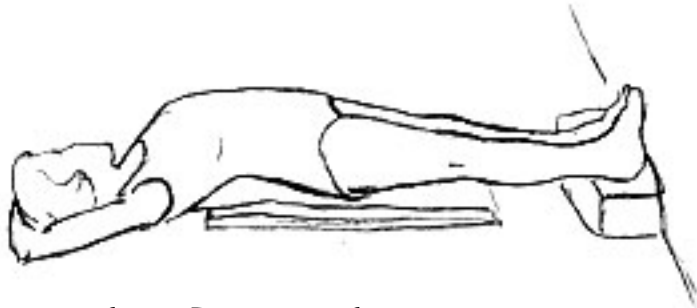


YOGA THERAPY FOR PMS/MENSTRUAL PAIN



SETU BANDHA SARVANGASANA



SAVASANA



BADDHA KONASANA



SUPTA BADDHA KONASANA