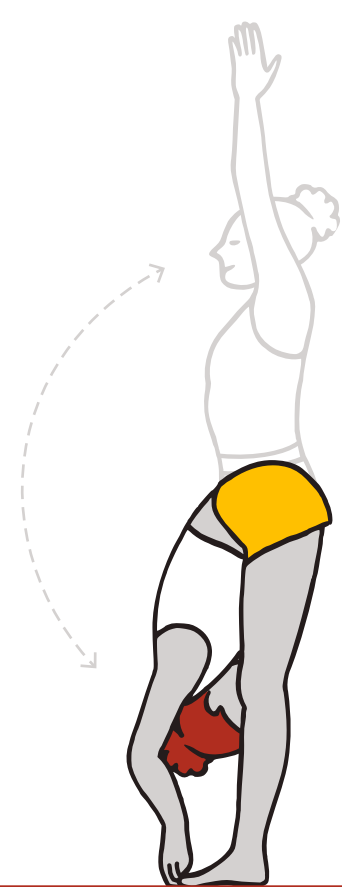


Call it what it is. **Period.**

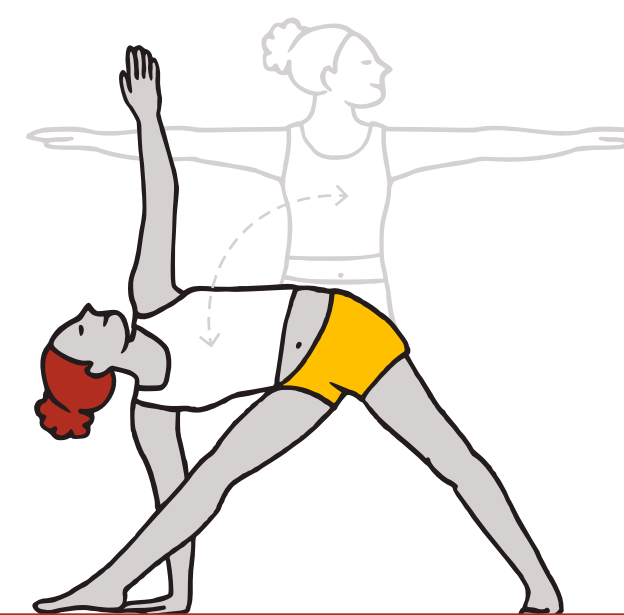
Yoga for cramps and PMS



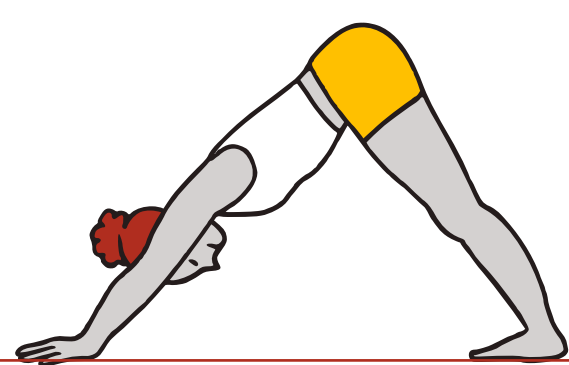
Padangushthasana



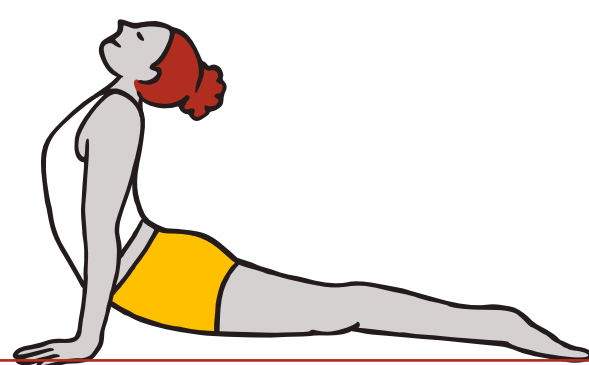
Virabhadrasana



Utthita-Trikonasana



Adho-Mukha-Shvasana



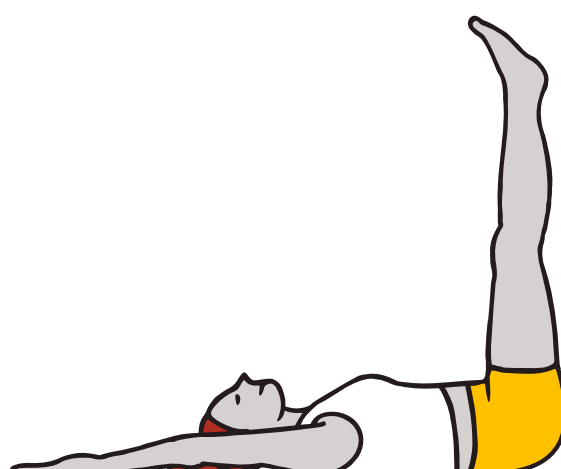
Urdhva-Mukha-Shvasana



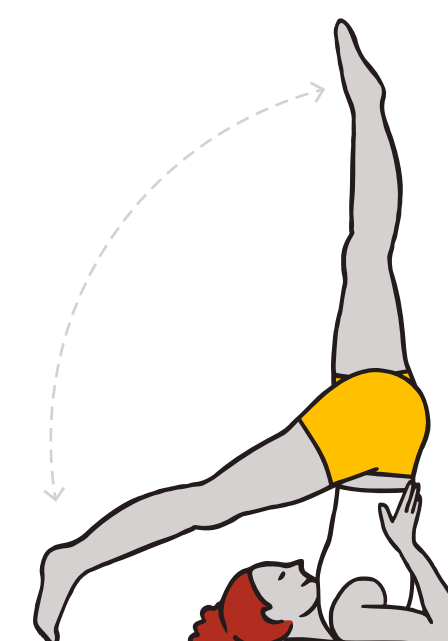
Jathara Parivartasana



Supta-Virasana



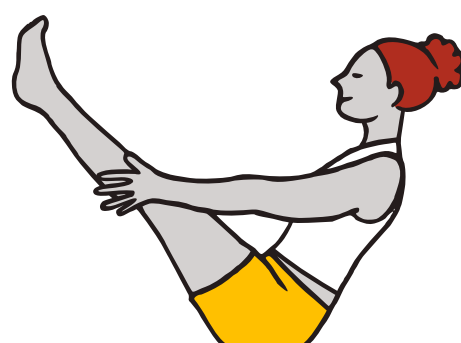
Urdhva-Prasarita-Padasana



Eka-Pada-Sarvangasana



Maha-Mudra



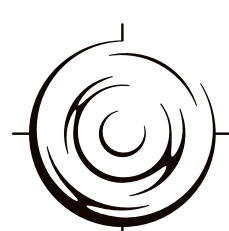
Paripurna-Navasana



Siddhasana

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