

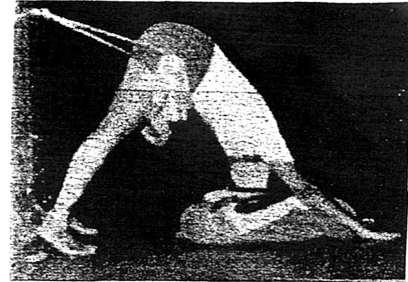


Level 2
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ASANAS RECOMMENDED FOR THOSE SUFFERING FROM CFS/FATIGUE

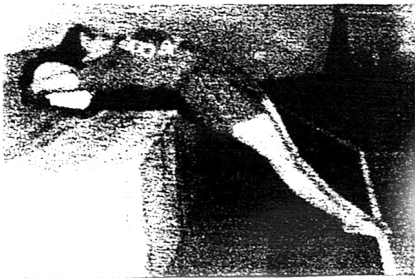
1. Ardha Uttanasana (3-5 mins)

2. Adho Mukha Svanasana (3-5 mins)



3. Salamba Purvottanasana (5-7 mins)

4. Cross Bolsters (5-7 mins)



5. Supta Baddha Konasana (5 mins)

6. Supta Virasana (5 mins)

