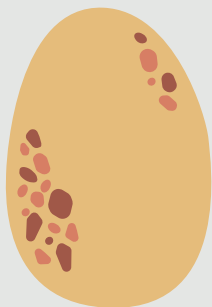


# DZIEŃ DINOZAURA!



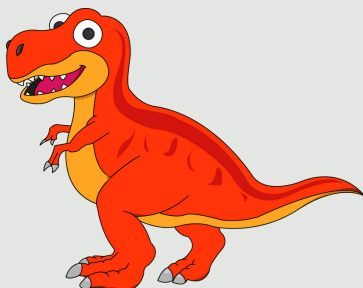
**Tadasana**

(Wulkan/Volcano)



**Utkatasana-malāsana**

(Odkładanie jaja /Dino Egg)



**Virabhadrasana I & II**

(Tyrannosaurus)



**Vrksasana**

(Drzewo tropikalne/Tree)

# DZIEŃ DINOZAURA!



**Adho mukha Svanasana**  
(Triceratops)



**Virabhadrasana III**  
(Pterodactylus)



**Simhasana**  
(Oddech dinozaura/Dino  
breath)