



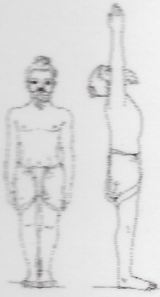
# MYSORE ASHTANGA YOGA SHALA



Contact : +91 9901257725 Email : contact@mysoreashtanga.net

Website : www.mysoreashtanga.net

## SURYA NAMASKARA A



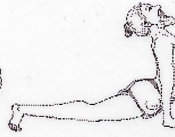
Samasthithi



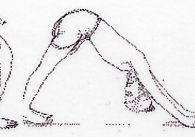
Uttanasana



Chaturanga Dandasana



Urdhva Mukha Svanasana



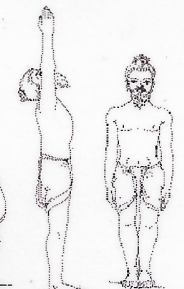
Adho Mukha Svanasana



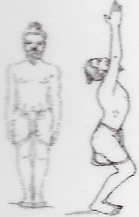
Urdhva Uttanasana



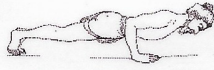
Urdhva Vrksasana



## SURYA NAMASKARA B



Utkatasana



Virabhadrasana A



Virabhadrasana A



Utkatasana

## STANDING ASANAS



Padangustasana



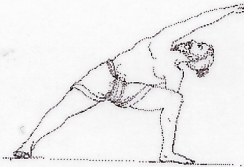
Padahastasana



Utthita Trikonasana



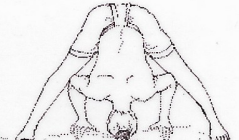
Parivrtta Trikonasana



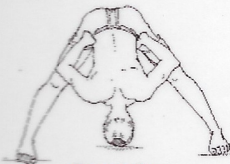
Utthita Parsvakonasana



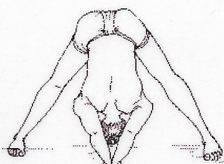
Parivrtta Parsvakonasana



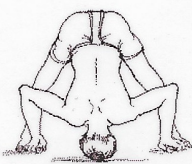
Prasarita Padottanasana A



Prasarita Padottanasana B



Prasarita Padottanasana C



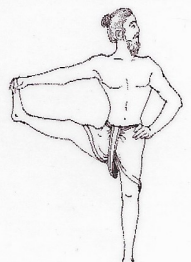
Prasarita Padottanasana D



Parsvottanasana



Utthita Hasta Padangustasana A



Utthita Hasta Padangustasana B



Utthita Hasta Padangustasana C



Utthita Hasta Padangustasana D



Ardha Baddha Padmottanasana



Utkatasana



Virabhadrasana A



Virabhadrasana B