

SITTING ASANAS



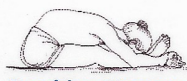
Dandasana



Paschimottasana
A



Paschimottasana
B



Paschimottasana
C



Purvottasana



Ardha Baddha Padma
Paschimottasana



Trianga Mukha Eka Pada
Paschimottasana



Janu
Sirsasana A



Janu
Sirsasana B



Janu
Sirsasana C



Marichyasana A



Marichyasana B



Marichyasana C



Marichyasana D



Navasana



Lolasana



Bhujapidasana A



Bhujapidasana B



Tittibhasana



Bakasana



Kurmasana



Supta Kurmasana



Garbhavidhana



Kukkutasana



Baddha Konasana
A



Baddha Konasana
B



Upavistha Konasana



Urdhva
Upavistha Konasana



Supta
Konasana A



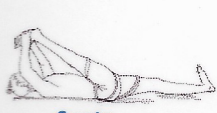
Supta
Konasana B



Supta
Padangusthasana A



Supta
Padangusthasana B



Supta
Padangusthasana C



Ubbaya
Padangusthasana A



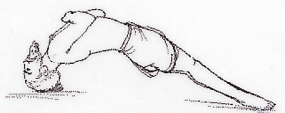
Ubbaya
Padangusthasana B



Urdhva Mukha
Paschimottasana A



Urdhva Mukha
Paschimottasana B



Setu Bandhasana

FINISHING ASANAS



Urdhva
Dhanurasana



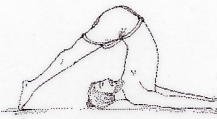
Paschimottasana



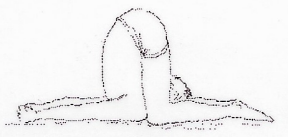
Savasana



Salamba
Sarvangasana



Halasana



Karnapidasana



Urdhva
Padmasana



Pindasana



Matsyasana



Uttana
Padasana



Sirsasana



Urdhva
Dandasana



Balasana



Baddha
Padmasana



Yoga Mudra



Padmasana



Utplutti



Shvasana

