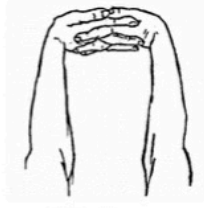




Samasthiti



Urdhva  
Baddhanguliyasana



Paschima Baddha  
Hastasana



Gomukhasana  
(arm work)



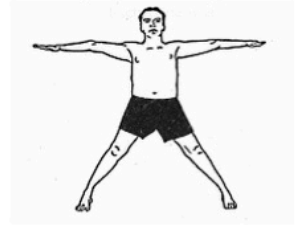
Paschima  
Namaskarasana



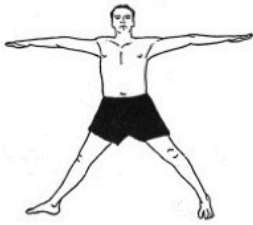
Vrksasana



Utkatasana



Utthita Hasta  
Padasana



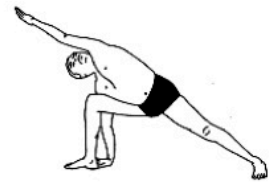
Parsva Hasta Padasana



Utthita Trikonasana



Virabhadrasana II



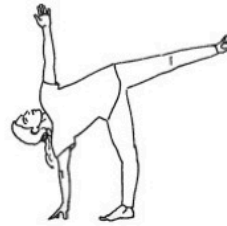
Utthita  
Parsvakonasana



Vimanasana



Virabhadrasana I



Ardha Chandrasana



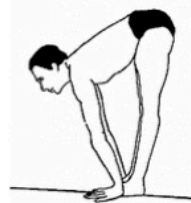
Parsvottanasana



Adho Mukha  
Svanasana



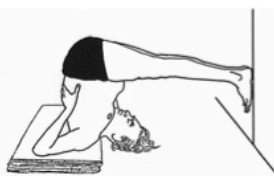
Uttanasana  
(concave back)



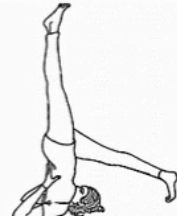
Uttanasana  
(feet together)



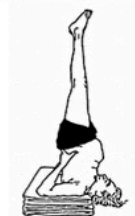
Padangusthasana



Ardha Halasana  
(feet on the wall)



Eka Pada  
Sarvangasana



Salamba Sarvangasana



Halasana



Karnapidasana



Paschimottanasana



Savasana