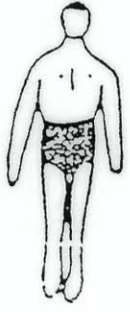


Standing Asanas



Tadasana



Garudasana



Vriksasana



Utkatasana



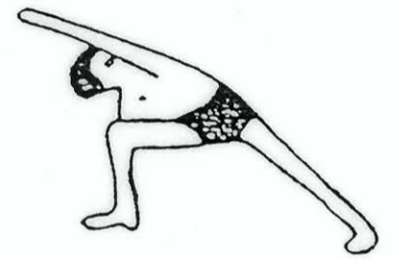
Trikonasana



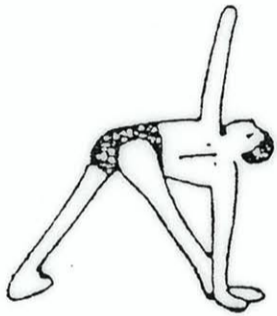
Virabhadrasana II



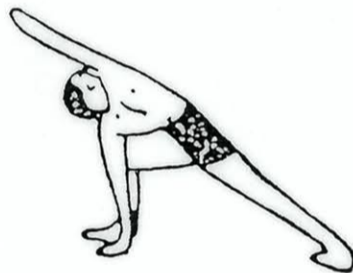
Virabhadrasana I



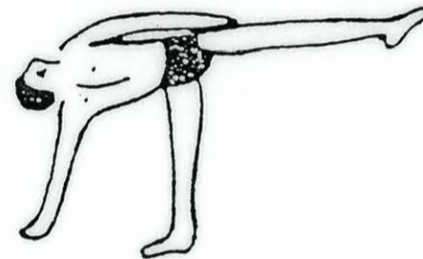
Parsvakonasana



Parivritta Trikonasana



Parivritta Parsvakonasana

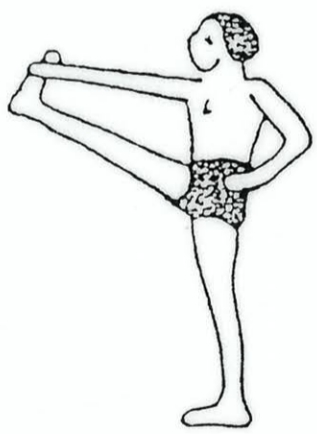


Ardha Chandrasana



Virabhadrasana III

Standing Forward Bends



Utthita Hasta
Padangusthasana I



Urdhva Prasarita
Ekapadasana



Ardha Baddha
Padmottanasana



Parsvottanasana



Prasarita Padottanasana



Padahasthasana

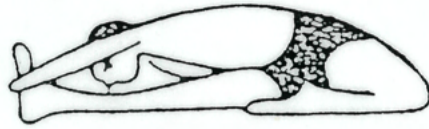


Uttanasana

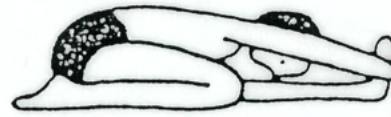
Forward Bends



Dandasana



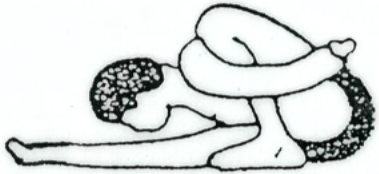
Janu Sirsasana



Triang Mukhaikapada
Paschimottanasana



Krounchasana



Marichyasana I



Upavista Konasana



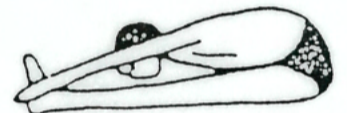
Baddha Konasana



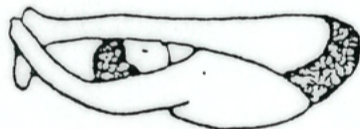
Malasana



Paschimottanasana



Urdhva Mukha
Paschimottanasana I



Urdhva Mukha
Paschimottanasana II

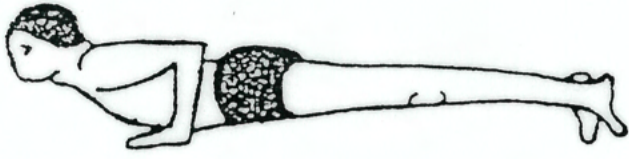


Parivritta
Janu Sirsasana



Parivritta
Paschimottanasana

Balancings



Chaturanga Dandasana



Vasisthasana



Dwi Hasta Bhujasana



Bhujapidasana

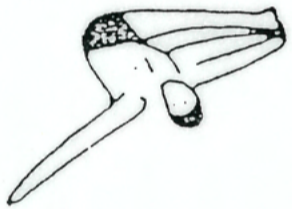


Bakasana

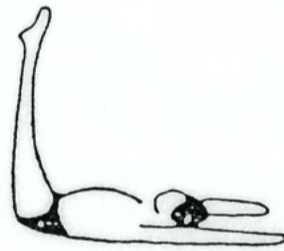


Lolasana

Abdominals



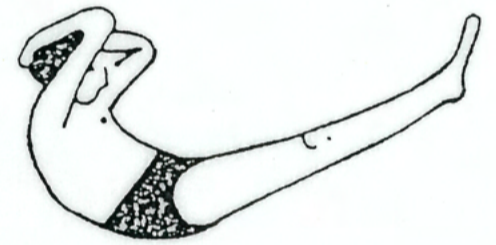
Jataro Parivartanasana



Urdhva Prasarita Padasana

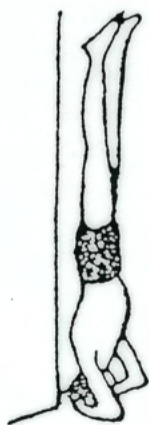


Paripurna Navasana

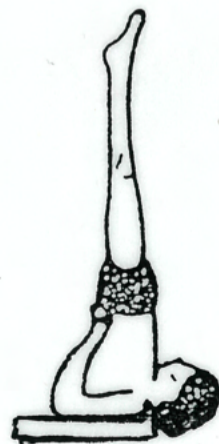


Ardha Navasana

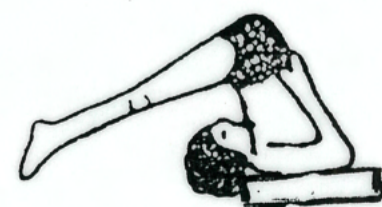
Inverteds



Salamba Sirsasana I

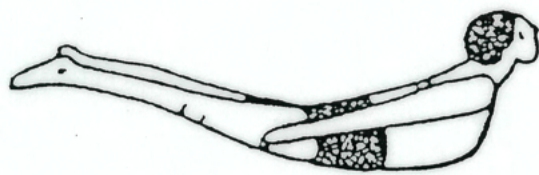


Salamba Sarvangasana I



Halasana

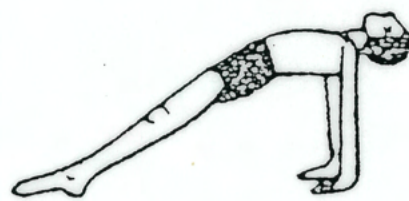
Backbends



Salabhasana



Dhanurasana



Purvottanasana



Bhujangasana I



Urdhva Mukha Svanasana



Ustrasana



Urdhva Dhanurasana

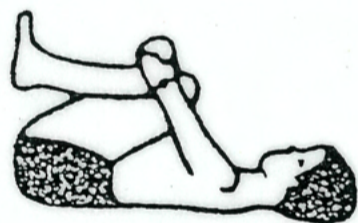


Viparita Dandasana

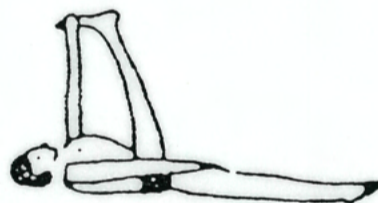


Kapotanasana

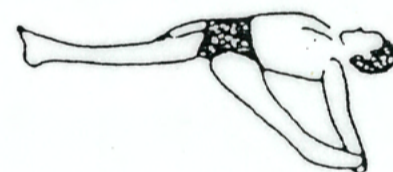
Leg Stretches



Supta Vajrasana



Supta Padangusthasana I

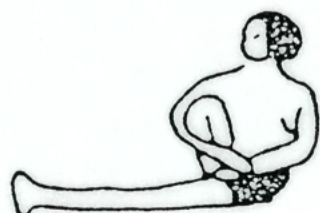


Supta Padangusthasana II

Twists



Bharadvajasana I



Marichyasana III



Ardha Matsyendrasana



Pasasana