

PASCHIMOTTANASANA

PURVOTTANASANA

ARDHA BADDHA PADMA PASCHIMOTTANASANA

TIRIANG MUKHA EKAPADA PASCHIMOTTANASANA

JANU SIRSASANA



MARICHIASANA

NAVASANA

BHUJAPIDASANA

KURMASANA

SUPTA KURMASANA



GARBHA PINDASANA

KUKKUTASANA

BADDHA KONASANA

UPAVISTHA KONASANA

SUPTA KONASANA



SUPTA PADANGUSTASANA

UBHAYA PADANGUSTASANA

URDHVA MUKHA PASCHIMOTTANASANA

SETU BANDHASANA

URDHVA DHANURASANA

PASCHIMOTTANASANA



SALAMBA SARVANGASANA

HALASANA

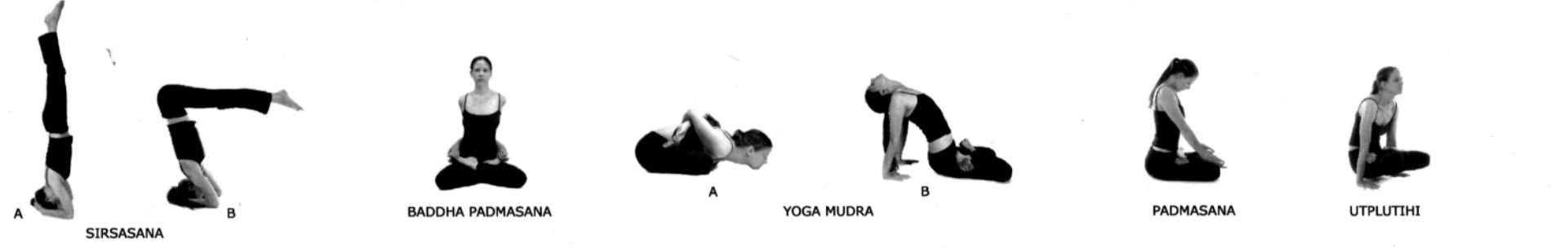
KARNAPIDASANA

URDHVA PADMASANA

PINDASANA

MATHSYASANA

UTTANA PADASANA



SIRSASANA

BADDHA PADMASANA

YOGA MUDRA

PADMASANA

UTPLUTIHI