



Samasthiti



Urdhva Hastasana



Urdhva
Baddhanguliyasana



Namaskarasana



Urdhva Namaskara-
sana (from Ur. Hasta.)



Utthita Hasta
Padasana



Parsva Hasta Padasana



Utthita Trikonasana



Parsvottanasana
(concave back)



Prasarita Padottanana-
sana (concave back)



Dandasana



Urdhva Hasta
Dandasana



Padangustha
Dandasana



Paschimottanasana



Savasana