



Samasthiti



Urdhva Hastasana



Urdhva
Baddhanguliyasana



Namaskarasana



Urdhva Namaskara-
sana (from Ur. Hasta.)



Paschima Baddha
Hastasana



Gomukhasana
(arm work)



Paschima
Namaskarasana



Vrksasana



Utkatasana



Utthita Hasta Padasan.



Parsva Hasta Padasana



Utthita Trikonasana



Virabhadrasana II



Utthita
Parsvakonasana



Vimanasana



Virabhadrasana I



Prasarita
Padottanasana



Adho Mukha
Svanasana



Uttanasana
(concave back)



Padangusthasana



Ardha Halasana
(feet on the wall)



Eka Pada
Sarvangasana



Salamba Sarvangasana



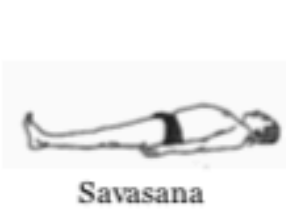
Halasana



Karnapidasana



Paschimottanasana



Savasana