

Eka Pada Koundinyasana



1 CORE CONNECTOR



2 RECLINED EKA PADA KOUNDINYASANA



3 RECLINED SIDE CROW



4 DOWNWARD-FACING DOG



5 LIZARD POSE



6 PIGEON POSE



7 HIGH LUNGE PRAYER TWIST



8 HIGH LUNGE TWIST



9 REVOLVED TRIANGLE



10 REVOLVED HALF MOON



11 REVOLVED CHAIR



12 SIDE CROW POSE



13 EKA PADA KOUNDINYASANA