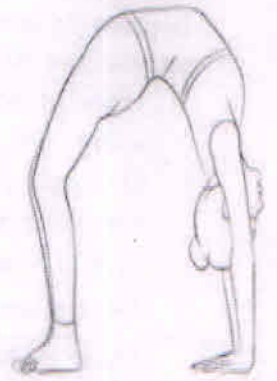




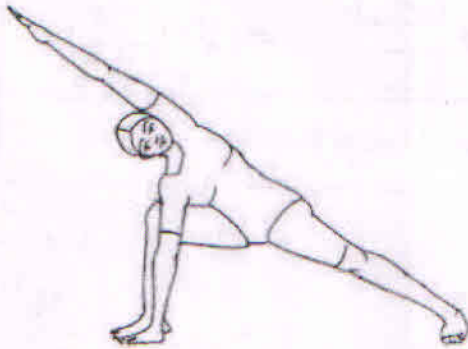
DHANURASANA



AKARNA DHANURASANA



CHAKRASANA



PARSAKONASANA



UTTHITA PADMASANA



HALASANA



Padmasana



Ardha Kurmasana



KARNASANA



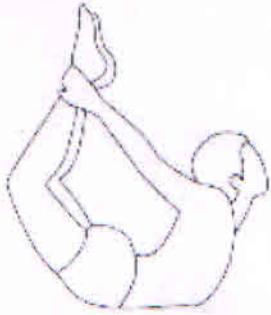
Bhujangasana



Ushtrasana



Vekasana



DHANURASANA



USTRASANA



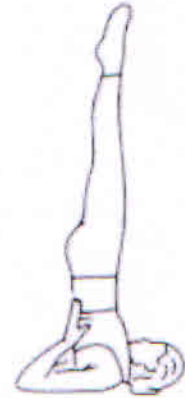
JANUSHIRASANA



GOMUKHASANA



PARIBARTA TRIKONASANA



SARBANGASANA



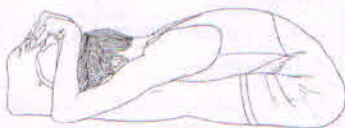
Padahasthasana



Chakrasana



Trikonasana



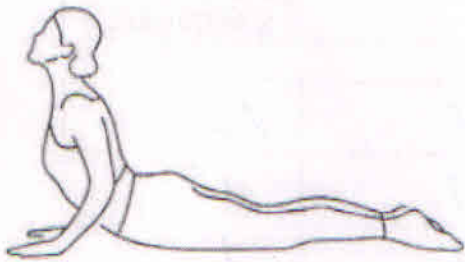
Paschimottanasana



Gadurasana



Akarna Dhanurasana



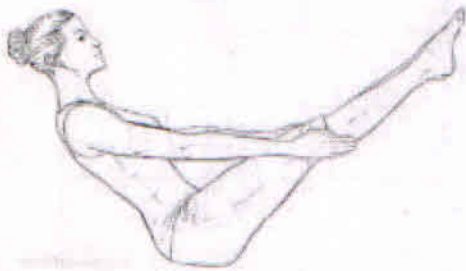
BHUIJANGASANA



ARDHA SALAVASANA



UTKATASANA



NAUKASANA



PARSAKONASANA



VRIKSHASANA



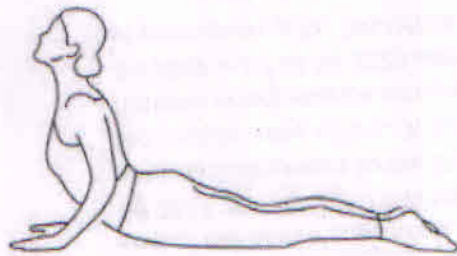
IANUSHIRASANA



SALAVASANA



PADAHASTASANA



BHUIJANGASANA



TRIKONASANA



PARIVRTTA UTKATASANA

1



Paschimottanasana



Upavishta-Konasana

Saralahasta-
Pinda-PadmasanaUrdhvamukha-
Paschimottanasana - 1

Supta Tittibhasana

2



Halasana



Krounchasana



Karna-Peetasana



Timayasana

Uthit-Ekpada-
Hasta-Prushtasana

3

Ardha-baddha-Padma-
PaschimottanasanaSalamb-
Sarvangasana-1Baddha-Viparit-
KurmasanaParshva-Pindasana-
Yukta-Sarvangasana

Yoga-Nidrasana

4



Marichyasana - 1



Marichyasana - 2

Pindasanayukta-
SarvangasanaUrdhva-Padapadma-
Sarvangasana

Saraghasana

5



Skandasan - 1

Urdhvamukha-
Paschimottanasana - 2

Bhrunāsana



Ramadootasana



Pingalasana

1



Ushtrasana



Laghu-Vajrasana



Purna-Chakrabandhasana



Shankhapalasana



Chitrapatangasana

2



Ekapada-Rajakapotanasana-3



Govardhanasana



Padma-Jhashasana



Ekapada-Viparita-Shalbasana



Mriga-Mukhasana

3



Arghyasana



Mahaveerasana



Vayuputrasana



Sugreevasana



Viparita-Valkhilyasana

4



Ekapada-Viparita-Dandasana - I



Padmanabhasana



Padangushtha-Dhanurasana



Ardha-Kapota-Vamadevasana



Prajaktasana

5



Shivadhanushyasana



Poorna-Matsyasana



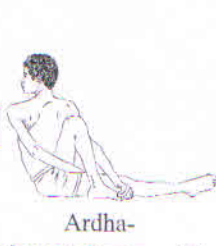
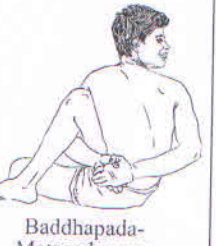
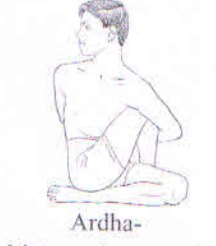
Gandabherudasana

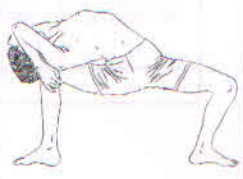


Supta-Dimbasana



Vibhakta-Viparita-Shalabhasana

1					
2					
3					
4					
5					

1	 Parivrutta-Namanasana	 Shrugalasana	 Parivritta-Uttanasana	 Maroodasana-1	 Malayasana
2	 Himavanasana	 Baddha-Parivritta-Parshva-Konasana	 Mahendrasana	 Kanchangangasana	 Kailasasana
3	 Parivritta-Utkatasan	 Baddhapada-Parivritta-Upveshasana	 Angushta-Padottanasana	 Maheshwarasana	 Parivritta-Vishwamitrasana
4	 Parivritta-Parshva-Konasana	 Parivritta-Trikonasana	 Ardhapadma-Parivritta-Parighasana	 Nishigandhasana	 Putpada-Vishwamitrasana
5	 Vindhyasana	 Parivritta-Padottanasana	 Parivritta-Kallyasana	 Parshva-Kallyasana	 Vetalasana

1	 Saral-Natarajasana	 Natarajasana	 Dwihastapada- Natarajasana	 Urdhvamukha- Veerabhadrasana	 Kunjarasana
2	 Hastapada-Lasyasana	 Muktahast- Marutsakhasana	 Anta-Gulfa-Hasta- Natarajasana	 Greevapada- Natarajasana	 Viparit-Dandayaman- Tripurasana
3	 Baddha-Natarajasana	 Lasya-Natarajasana	 Yoganandasana	 Sundara-Vimanasana	 Vamdeva- Tripurasana
4	 Hastanka-Lasyasana	 Raj-Vimanasana	 Shikhapada-Natarajasana	 Pratyanchyasana	 Ekapada-Tryanga- Mukhotanasana
5	 Pratiruddhasana	 Vayu-Rathasana	 Skandhapada- Natarajasana	 Tandavasana	 Mohini-Astrasana

1	 Brahmacharyasana	 Urdhva-Kukkutasana	 Adhomukh-Vrukshasana	 Dand-Tolan-Paschimottanasana	 Urdhvamukha-Hasta-Padmasana
2	 Kukkutasana	*  Mayoorasana	*  Ekapada-Vaksha-Mayoorasana	 Chakorasana	 Adhomukha-Utthit-Koormasana
3	 Bakasana	 Ashtavakrasana	 Koundinyasana	 Parivrutta-Tittibhasana	 Bramhastrasana
4	 Dwipada-Koundinyasana	*  Padma-Mayoorasana	 Tittibhasana	 Fanindrasana	*  Ekahasta-Padma-Mayoorasana
5	 Bhallukasana	 Makshikasana	 Ekapada-Prushtha-Tittibhasana	 Utthit-Ekpada-Prushtha-Sheershasana	 Parashupashasana