



Tadasana



Vrksasana



**Utthita
Trikonasana**



**Utthita
Parsvakonasana**



Virabhadrasana II



**Prasarita
Padottanasana**



Uttanasana



**Adho Mukha
Svanasana**



Baddha Konasana



Virasana



Dandasana



Janusirsasana



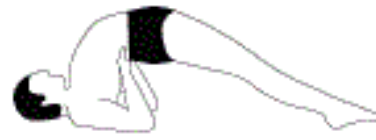
Paschimottanasana



**Upavista
Konasana**



Bharadvajasana



**Setubandha
Sarvangasana**



**Viparita
Karani**



Savasana