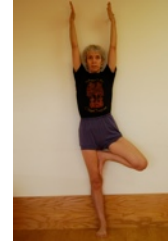


Tadasana with urdhva hastasana



Vrksasana



Utkatasana



Utthita trikonasana



Utthita parsvakonasana



Adho mukha svanasana



Adho mukha virasana



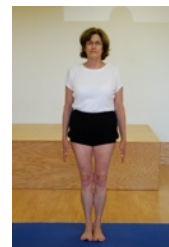
Adho mukha svanasana/urdhva mukha svanasana/adho mukha svanasana



Uttanasana



Tadasana



Ardha chandrasana



Prasarita padottanasana



Parsvottanasana



Virasana with urdhva hastasana



Upavistha konasana with urdhva hastasana



Baddha konasana



Swastikasana with forward bend



Dandasana



Urdhva prasarita padasana



Supta padangusthasana I and II



Supta tadasana with urdhva hastasana



Adho mukha svanasana with support (ropes, or head support, or other)



Supta baddha konasana



Supported savasana



Savasana

