





Arm Positions


vrdhva
hastasana



baddhanguliyasana.



gomukhasana


gandhasana.



paschima
namaskarasana.

Standings



tadasana


vrikhsasana



utkatasana



gandhasana


trikonasana



virabhadrasana
2


parsvakonasana

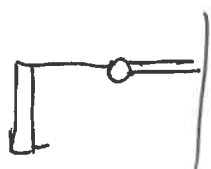

ardha chandrasana


virabhadrasana
1


parsvottanasana


prasarita
padottanasana


uttanasana.



Ardha uttanasana.

Miscellaneous Foundation

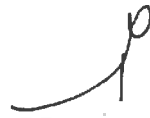
(2)

3-0=

adho mukha
Virasana



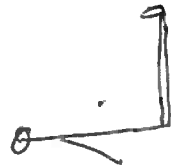
adho mukha
svanasana



urdhva mukha
svanasana.



supta padangsthasana
1 & 2



urdhva prashanta
padasana.

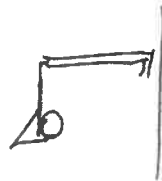
Shoulderstand Series



Chatush padasana



on chair.



halasana



sarvangasana.

Sittings



virasana



sukhasana



dandasana



janu
sirsasana



triang
mukha
ekapada
paschimottasana.



paschimottasana



baddha konasana

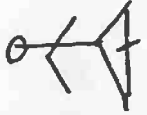


udavista konasana .



Bhorendrasana

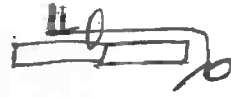
Spine / Restorative



Supta baddha
Konasana



Vipartita
Karini



Setu bandha
Sarvangasana.



Savasana.

(Add ons to foundation asanas)

Standings



Uttihita hasta padangusthasana.



'parsva'



parivrtta trikonasana



parivrtta ardha Chandrasana.

(wi denotes twist)



parivrtta parsvakonasana.



parighrasana



Uttanasana final



Urdhva Prasarita Ekapadasana.

Abdominals.

Other



paripurna navasana



Ardha navasana



chatarunga dandasana



malasana.

Inversions



Adho Mukha Vrksasana



pincha mayurasana



Sirsasana 1



Sirsasana 2.

Backbends



Salabhasana



makarasana



dhanurasana



bhujangasana



Ustrasana



urdhva dhanurasana.

Sitting



Siddhasana



Gomukhasana.



ardha baddha padma pashchimottasana.



mandukasana 1



marichyasana 3



ardha matsyendrasana

Restorative



Supta virasana



supported sarvangasana.