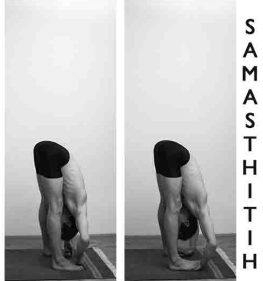


STANDING ASANAS

Padangusthasana Pada Hastasana



S
A
M
A
S
T
H
I
T
I
H

Utthita Trikonasana A & B



right & left side

right & left side

S
A
M
A
S
T
H
I
T
I
H

Utthita Parsvakonasana A & B

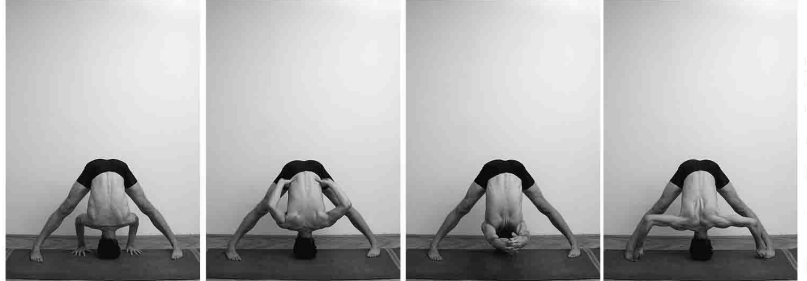


right & left side

right & left side

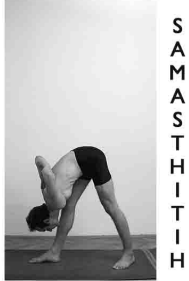
S
A
M
A
S
T
H
I
T
I
H

Prasarita Padottanasana A & B & C & D



S
A
M
A
S
T
H
I
T
I
H

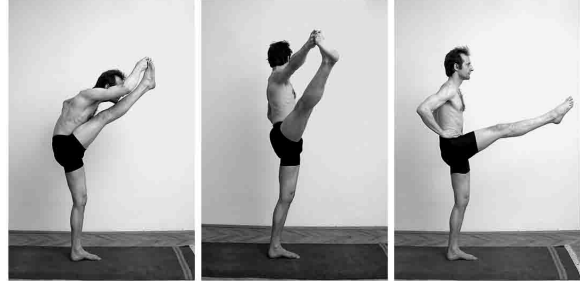
Parsvottanasana



right & left side

S
A
M
A
S
T
H
I
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I
H

Utthita Hasta Padangusthasana



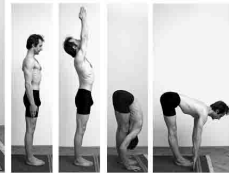
right & left side

Ardha Baddha Padmottanasana



right & left side

S
A
M
A
S
T
H
I
T
I
H



inhale

exhale

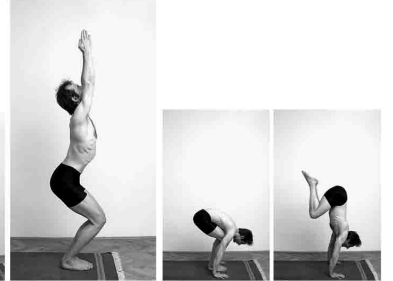
inhale

exhale

inhale

exhale

Utkatasana



inhale + 5 breaths

exhale

inhale

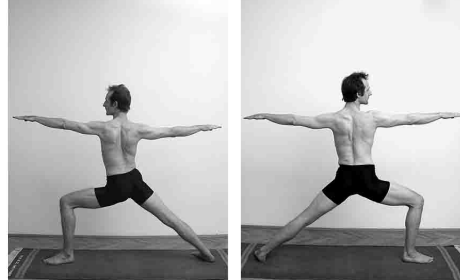
Virabradasana A



inhale + 5 breaths

inhale + 5 breaths

Virabradasana B



exhale + 5 breaths

exhale + 5 breaths



exhale

inhale

exhale



exhale

inhale

exhale

inhale

exhale