

STANDING ASANAS

Padangusthasana Pada Hastasana



Utthita Trikonasana A & B



right & left side

right & left side

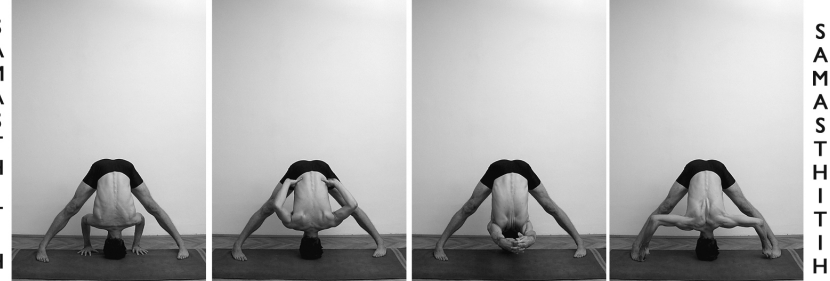
Utthita Parsvakonasana A & B



right & left side

right & left side

Prasarita Padottanasana A & B & C & D



SAMASTHITHI

Parsvottanasana



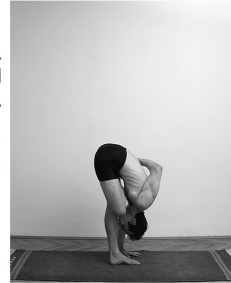
right & left side

Utthita Hasta Padangusthasana



right & left side

Ardha Baddha Padmottanasana



right & left side



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