



VATAYANASANA



VIKSASANA



ARDHA PADMASANA



VIKABHADRASANA II



UTHITA HASTA PADANGUSTHASANA



UTHITA TRIKONASANA



DANDAYAMANA DHANURASANA



TRIKONASANA



ADHO MUKHA SAVASANA



VIKABHADRASANA



YVEKASANA



UTKASANA



BUJANGASANA



RAJAKAPOTASANA



ARDHA CHANDRASANA



NAVASANA

