















PASCHIMOTTANASANA

PURVOTTANASANA

ARDHA BADDHA PADMA PASCHIMOTTANASANA

TIRIANG MUKHA EKAPADA PASCHIMOTTANASANA

JANU SIRASANA



MARICHIASANA

NAVASANA

BHUJAPIDASANA

KURMASANA

SUPTA KURMASANA



GARBHA PINDASANA

KUKKUTASANA

BADDHA KONASANA

UPAVISTHA KONASANA

SUPTA KONASANA



SUPTA PADANGUSTASANA

UBHAYA PADANGUSTASANA

URDHVA MUKHA PASCHIMOTTANASANA

SETU BANDHASANA

URDHVA DHANURASANA

PASCHIMOTTANASANA



SALAMBA SARVANGASANA



HALASANA



KARNAPIDASANA



URDHVA PADMASANA



PINDASANA



MATHSYASANA



UTTANA PADASANA



SIRASANA



BADDHA PADMASANA



YOGA MUDRA



YOGA MUDRA



PADMASANA



UTPLUTIHI





























