



paschimottasana level 1

paschimottasana level 2

purvottasana

janu sirsasana level 1

janu sirsasana level 2

parivrtta janu sirsasana level 1

parivrtta janu sirsasana level 2

janu sirsasana level 1

janu sirsasana level 2

parivrtta janu sirsasana level 1

parivrtta janu sirsasana level 2

seated pigeon

ardha baddha paschimottasana (option)

seated pigeon

ardha baddha paschimottasana (option)

marichiasana a level 1

marichiasana a level 2

marichiasana c level 1

marichiasana c level 2

eka pada sirsasana variation

ekahasta bhujasana one

ardha baddha paschimottasana (option)

marichiasana a level 1

marichiasana a level 2

marichiasana c level 1

marichiasana c level 2

eka pada sirsasana variation

ekahasta bhujasana one

marichiasana a level 1

marichiasana a level 2

marichiasana c level 1

marichiasana c level 2

eka pada sirsasana variation

ekahasta bhujasana one

astavakrasana two

marichiasana a level 1

marichiasana a level 2

marichiasana c level 1

marichiasana c level 2

eka pada sirsasana variation

ekahasta bhujasana one

astavakrasana two

baddhakonasana

upavistakonasana level I and II

upavistakonasana level I and II

parsva upavistakonasana level I and II

parsva upavistakonasana level I and II

kurmasana level I and II

kurmasana level I and II

tittibhasana prep

tittibhasana

down dog

tittibhasana b level I prep

tittibhasana b level I prep

tittibhasana b level I prep

tittibhasana b level I prep

tittibhasana

down dog

supine pigeon

eka pada sirsasana

supine pigeon

eka pada sirsasana

double leg lifts

single leg lifts

single leg lifts

crunches

crunches

twists

twists

ardha navasana

navasana

salambhasana

dhanurasana

ustrasana level 1

ustrasana level II

option for level III kapotasana

ardha navasana

navasana

salambhasana

dhanurasana

ustrasana level 1

ustrasana level II

option for level III kapotasana

eka pda raja kapotasana level I, II and III

eka pda raja kapotasana level I, II and III

eka pda raja kapotasana level I, II and III

eka pda raja kapotasana level I, II and III

eka pda raja kapotasana level I, II and III

eka pda raja kapotasana level I, II and III

eka pda raja kapotasana level I, II and III

eka pda raja kapotasana level I, II and III

eka pda raja kapotasana level I, II and III