



Dandasana



Paścimottānāsana A



B



C



Pūrvottānāsana



Ardha Baddha Padma Paścimottānāsana



Tiryak-Mukha Eka-Pāda Paścimottānāsana



Jānu Śīrṣāsana A



B



C



Marīcīyāsana A



B



C



D



Nāvāsana



Bhuja-Pīḍāsana



Kūrmāsana



Supta-Kūrmāsana



Garbha Piṅḍāsana



Kukkuṭāsana



Baddha Koṅāsana A



B



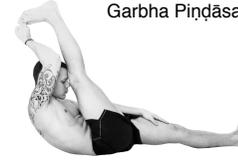
Upaviṣṭha Koṅāsana A



B



Supta Koṅāsana



Supta Pādānguṣṭhāsana A



B



Ubhaya Pādānguṣṭhāsana



Ūrdhva-Mukha Paścimottānāsana



Setu Bandhāsana



Śavāsana



Sālamba Sarvāṅgāsana



Halāsana



Karṇa-Pīḍāsana



Ūrdhva-Padmāsana



Piṅḍāsana



Matsyāsana



Uttāna Pādāsana



Śīrṣāsana



Bālāsana



Yoga-Mudrā



Padmāsana



Utpluṭiḥ



Relax

vande gurūṅāṃ caraṅāravinde sandarśita svātma sukhāva bodhe || niḥ-śreyase jaṅgali-kāyamāne sarṃsāra hālāhala mohaśāṃtṃyai
ābāhu puruṣākāraṃ śāṃkhacakraśi dhāriṅam || sahasra śīrasaṃ śvetam praṅamāmi patañjalim
ॐ aum