

ĀṢṬĀṄGA YOGA FULL INTERMEDIATE SERIES
JAROSLAV PÁVEK



Pasasana Krounchasana Shalabhasana A B Bhekasana Dhanurasana Parshva Dhanurasana



Ushtrasana Laghu Vajrasana Kapotasana A B Supta Vajrasana Bakasana A (lift) Bakasana B (jump) Bharadvajasana