



Ardha Mathsyendrasana



Eka Pada Sirsasana A



B



C



Dwi Pada Sirsasana



Yoga Nidrasana



Tittibhasana A



B



C



D



E



Pincha Mayurasana



Karandavasana



Vrischikasana



Mayurasana



Nakrasana



Vatayanasana



Parighasana



Ghomukhasana A



B



Supta Urdhva Pada Vajrasana



Mukta Hasta Sirsasana



Baddha Hasta Sirsasana



Urdhva Dhanurasana



Paschimattanasana



vande gurūṇāṃ caraṇāravinde sandarśita svātma sukhāva bodhe || niṣhreyase jaṅgalikāyamāne saṃsāra hālāhala mohaśāntyai
ābāhu puruṣākāraṃ śaṅkhacakraśi dhāriṇaṃ || sahasra śīrasaṃ śvetaṃ praṇaṃāmi patañjalim
ॐ aum