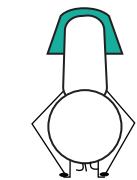
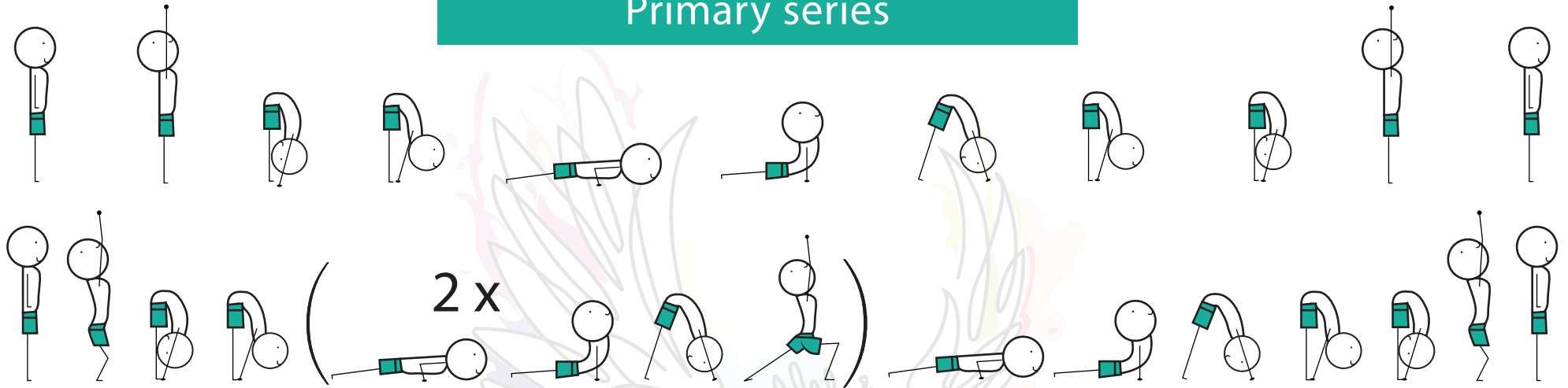
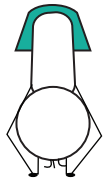


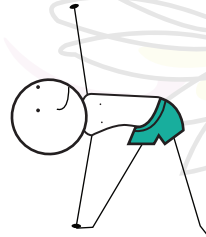
# Primary series



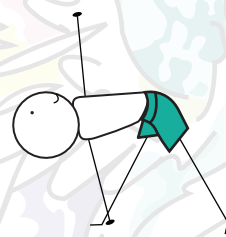
Pādāṅguṣṭhāsana



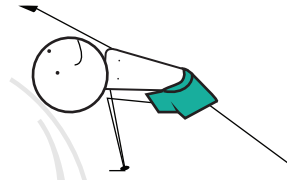
Pāda-Hastāsana



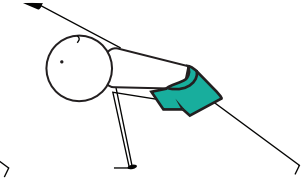
Utthita Trikoṇāsana



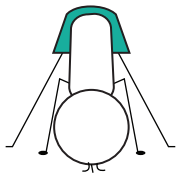
Parivṛtta Trikoṇāsana



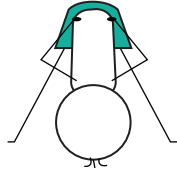
Utthita Pārsvakoṇāsana



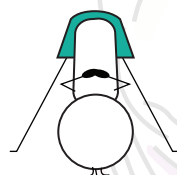
Parivṛtta Pārsvakoṇāsana



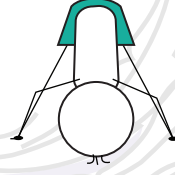
Prasārita Pādottānāsana A



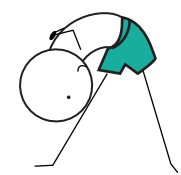
B



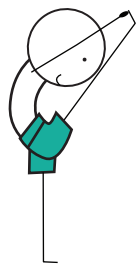
C



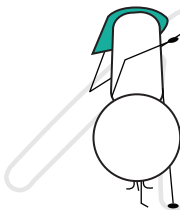
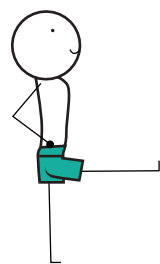
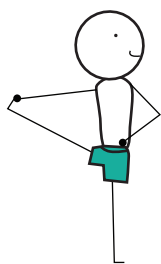
D



Pārsvottānāsana



Utthita Hasta Pādāṅguṣṭhāsana



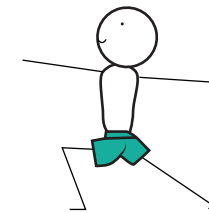
Ardha Baddha Padmōttānāsana



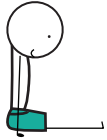
Utkaṭāsana



Virabhadraṣana A



B



Dandasana



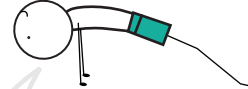
Paścimattānāsana A



B



C



Pūrvattānāsana



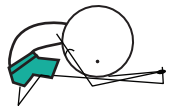
Ardha Baddha Padma Paścimattānāsana



Tiryaṅ-Mukha Eka-Pāda Paścimattānāsana



Jānu Śīrāsāna A



B



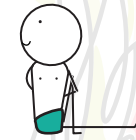
C



Marichyāsāna A



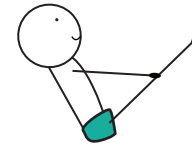
B



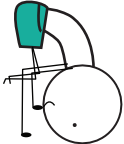
C



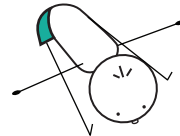
D



Nāvāsāna



Bhujā-Pīḍāsāna



Kūrmāsāna



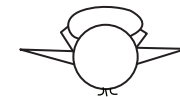
Supta-Kūrmāsāna



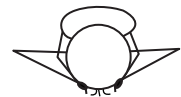
Garbha Pīḍāsāna



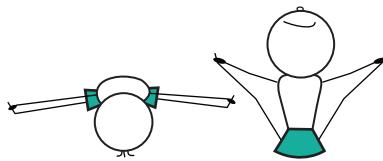
Kukkuṭāsāna



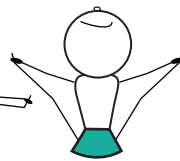
Baddha Koṅāsāna A



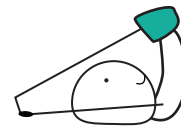
B



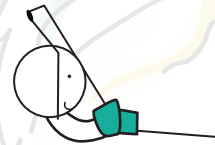
Upaviṣṭha Koṅāsāna A



B



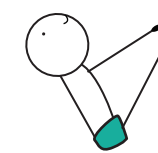
Supta Koṅāsāna



Supta Pādāṅguṣṭhāsāna A



B



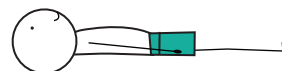
Ubhaya Pādāṅguṣṭhāsāna



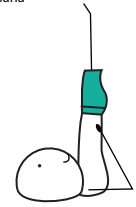
Ūrdhva-Mukha Paścimattānāsana



Setu Bandhāsāna



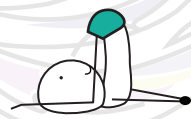
Śavāsāna



Sālamba Sarvāṅgāsāna



Halāsāna



Karṇa-Pīḍāsāna



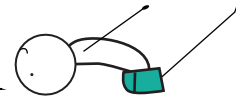
Ūrdhva-Padmāsāna



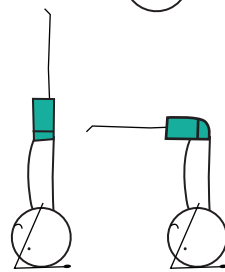
Pīḍāsāna



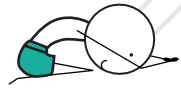
Matsyāsāna



Uttāna Pādāsāna



Śīrśāsāna



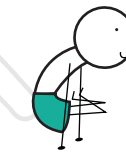
Bālāsāna



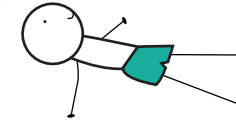
Yoga-Mudrā



Padmāsāna



Utpluṭhiḥ



Relax