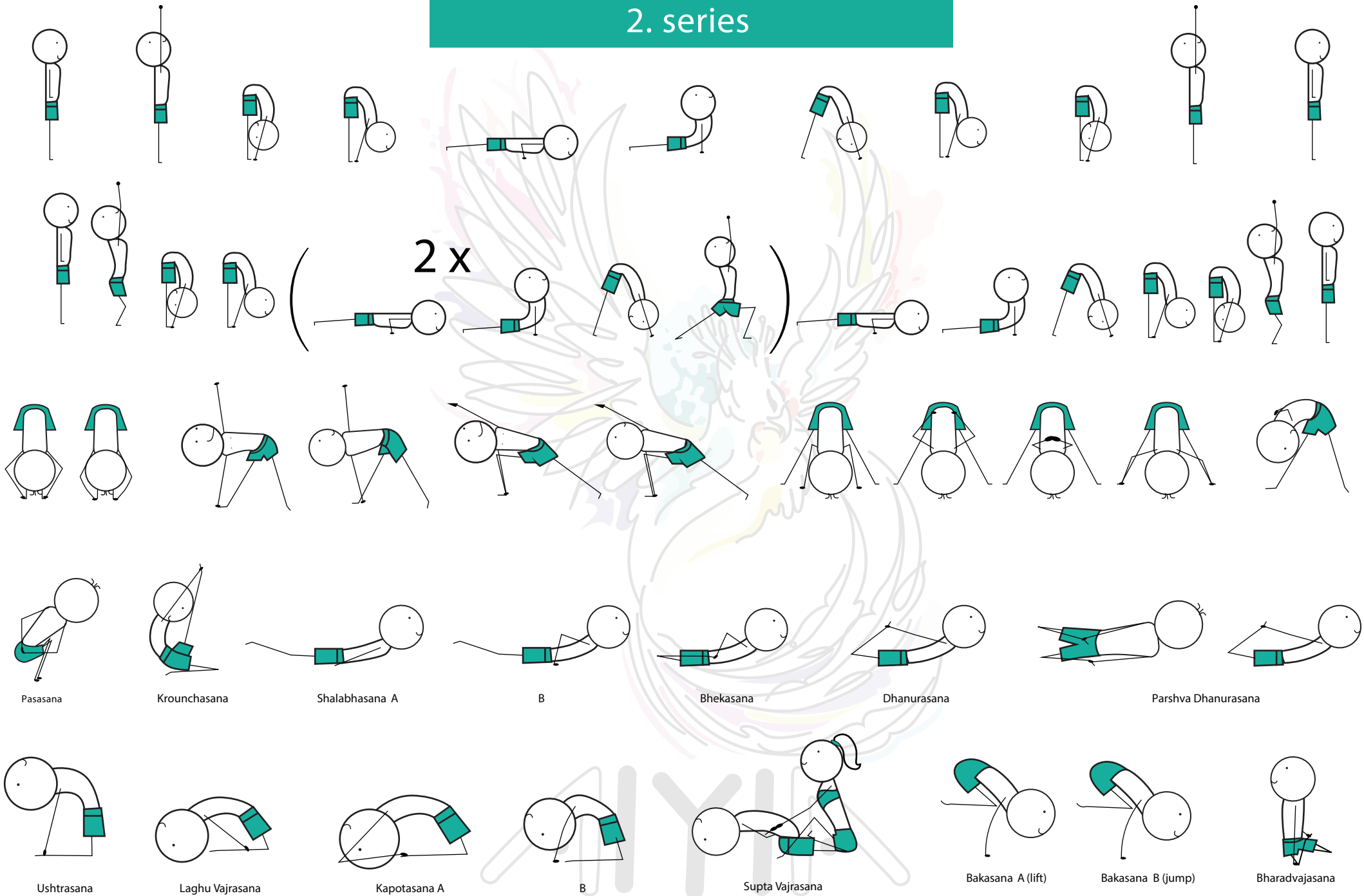


# 2. series



Pasasana

Krounchasana

Shalabhasana A

B

Bhekasana

Dhanurasana

Parshva Dhanurasana

Ushtrasana

Laghu Vajrasana

Kapotasana A

B

Supta Vajrasana

Bakasana A (lift)

Bakasana B (jump)

Bharadvajasana



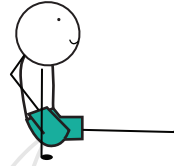
Ardha Mathsyendrasana



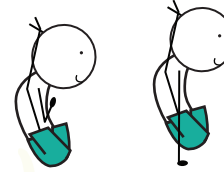
Eka Pada Sirsasana A



B



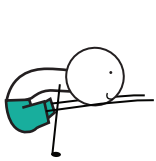
C



Dwi Pada Sirsasana



Yoga Nidrasana



Tittibhasana A



B



C



D



E



Pincha Mayurasana



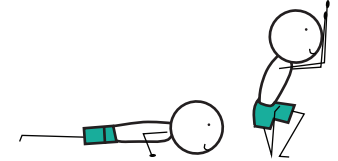
Karandavasana



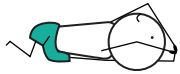
Mayurasana



Nakrasana



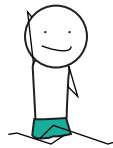
Vatayanasana



Parighasana



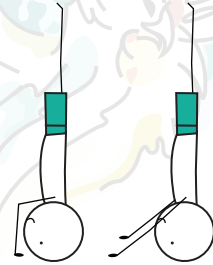
Ghomukhasana A



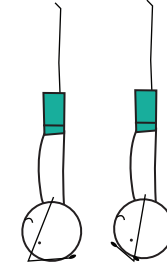
B



Supta Urdhva Pada Vajrasana



Mukta Hasta Sirsasana



Baddha Hasta Sirsasana



Urdhva Dhanurasana



Pascimattanasana

