

Lesson 1



come forward in
Sukhasana



Uttanasana I



Urdhva Hastasana



Utthita Trikonasana



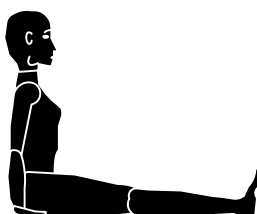
Utthita Parsvakonasana



Parsvottanasana



Prasarita Padottanasana



Dandasana



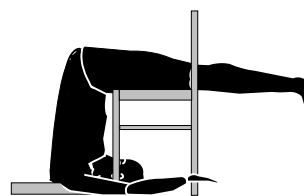
Janu Sirsasana



Baddha Konasana



Paschimottanasana



supported Halasana