

Plate#	Asanas in “Light on Yoga”
1-59	Standing asanas, Ustrasana
66-76	Simple back bending including downward facing dog (74) and upward facing dog (75)
77-79	Dandasana, Navasana
86-124	Sitting, Supta Virasana, Paryankasana, Bhekasana, Padmasana + variations, Supta Vajrasana
125-176	Basic forward bending
171-175	Purvottanasana, Akarna Dhanurasana
176-218	Sirsasana + variations
219-271	Sarvangasana + variations
272-296	Abdominals, Supta Padangusthasana, Setu Bandha Sarvangasana
297-339	Twists, Malasana
346-359	Basic balancing poses, Pincha Mayurasana
366-394	Kurmasana, Eka Pada Sirsasana cycle, Dwi Pada Sirsasana
395-452	Balancing, Bakasana etc.
453-471	Advanced sitting
472-478	Intense leg stretches

479-591	Backward bending
592	Savasana

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