



Dandasana



Paschimottasana A



Paschimottasana B



Paschimottasana C



Paschimottasana D



Purvottasana



Ardha Baddha Padma
Paschimottasana



Tiryam Mukha Eka
Pada Paschimottasana



Janu sirshasana A



Janu sirshasana B



Janu sirshasana C



Marichyasana A



Marichyasana B



Marichyasana C



Marichyasana D



Navasana



Bhuya Pidasana



Kurmasana



Supta Kurmasana



Garbha Pidasana



Kukkutasana



Badha Konasana A



Badha Konasana B



Upavista Konasana A



Upavista Konasana B



Supta Konasana



Supta Padangustasana



Supta Parshvahita



Ubhaya
Padangushtasana



Urdhva Mukha
Paschimottasana



Setu Bandhasana