

STANDING



TADASANA



PADAHASTASANA



TRIKONASANA



UTTHITA
PARSVAKONASANA



VRIKSHASANA



GARUDASANA



UTKATASANA



VIRABHADRASANA I



VIRABHADRASANA II

KNEELING & SITTING



MARJARIASANA



VAJRASANA



NAVASANA



SETU
BANDHASANA

LAYING SUPINE

INVERSION



PAVANA
MUKTASANA



SARVANGASANA



HALASANA

LAYING PRONE & BACK BENDING



SHALABHASANA



BHUJANGASANA



DHANURASANA



BALASANA



MATSYASANA

TWISTING

FORWARD FOLDING

RESTING



SUPTA
PARIVARTANASANA



ARDHA
MATSYENDRASANA



PASHIMOTTANASANA



JANU
SHIRSHASANA



SHAVASANA