

STANDING



TADASANA



PADAHASTASANA



TRIKONASANA



UTTHITA
PARSVAKONASANA



PRASARITA
PADOTTANASANA



VRIKSHASANA



GARUDASANA



UTTHITA HASTA
PADANGUSTASANA



NATARAJASANA



UTKATASANA



VIRABHADRASANA I



VIRABHADRASANA II



VIRABHADRASANA III

ARM BALANCING



KAKASANA



KUMBHAKASANA



VASISTHASANA

KNEELING & SITTING



MARJARIASANA



USHTRASANA



VAJRASANA



GOMUKHASANA