

LAYING SUPINE



NAVASANA



SETU
BANDHASANA

INVERSION



PAVANA
MUKTASANA



ARDHA
SHIRSHASANA



SHIRSHASANA



SARVANGASANA



HALASANA

LAYING PRONE



SHALABHASANA



BHUJANGASANA



DHANURASANA



BALASANA

BACK BENDING



MATSYASANA



CHAKRASANA

TWISTING



SUPTA
PARIVARTANASANA



ARDHA
MATSYENDRASANA

FORWARD FOLDING



PASHIMOTTANASANA



JANU
SHIRSHASANA

RESTING



SHAVASANA



SUKHASANA