Virabhadrasana I

<https://www.youtube.com/watch?v=1oumWGKg2mE&t=35s>

2:09 - 2:16

2:36 - 2:38

3:11 - 3:18

3:35 - 3:38

<https://www.youtube.com/watch?v=sCReePaPF50>

0:37 - 0:46

Virabhadrasana II

<https://www.youtube.com/watch?v=MymnYf3LD18>

1:30 - 1:36

2:05 - 2:09

2:28 - 2:33

3:00 - 3:01

<https://www.youtube.com/watch?v=sCReePaPF50>

1:16 - 1:23

Virabhadrasana III

<https://www.youtube.com/watch?v=S74efRiLo6k>

1:28 - 1:33

1:37 - 1:40

2:32 - 2:33

<https://www.youtube.com/watch?v=sCReePaPF50>

2:02 - 2:10

2:16 - 2:18

Salamba\_sirsasana

<https://www.youtube.com/watch?v=XHN_f5eBJjA&t=174s>

5:00 - 5:03

6:06 - 6:08

<https://www.youtube.com/watch?v=2XY6QrTxqok>

2:02 - 2:08

2:36 - 2:40

Salamba\_sarvangasana

<https://www.youtube.com/watch?v=4GzumJNXW88>

2:40 - 2:43

3:53 - 3:55

<https://www.youtube.com/watch?v=Bq_nta7qqGA>

1:50 - 1:55

4:38 - 4:42

Pasasana

<https://www.youtube.com/watch?v=gyLkEVt5zGA>

1:22 - 1:25

<https://www.youtube.com/watch?v=iiqrXlsw11s>

0:06 - 0:11

0:24 - 0:30

<https://www.youtube.com/watch?v=O-Z5iQ6lAxg>

1:44 - 1:52

Bharadvajasana

<https://www.youtube.com/watch?v=Z43c1aeAMeM>

1:52 - 1:58

2:06 - 2:09

2:57 - 3:01

Adho\_mukha\_svanasana

<https://www.youtube.com/watch?v=n9NmO53_biY&index=10&list=PLD48C990206230308>

1:42 - 1:44

2:44 - 2:46

<https://www.youtube.com/watch?v=foVEAaSGLpE>

0:09 - 0:14

<https://www.youtube.com/watch?v=vi4Tr1iav54>

1:23 - 1:25

2:08 - 2:13