**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

<https://www.youtube.com/watch?v=8nB9MzY7PkY>

1:02 - 1:04

1:38 - 1:44

1:55 - 2:03

3:09 - 3:11

<https://www.youtube.com/watch?v=1CspsyVQ3PY>

0:34 - 0:42

1:49 - 1:53

<https://www.youtube.com/watch?v=Y8MwcdTYTq8>

1:58 - 2:01

2:50 - 2:54

2:58 - 3:01

<https://www.youtube.com/watch?v=tguK4KLW_aU>

2:00 - 2:03

2:42 - 2:44

<https://www.youtube.com/watch?v=H46cwAAIbUk>

2:00 - 2:06

3:33 - 3:35

<https://www.youtube.com/watch?v=k1qJAqvMnAU>

0:41 - 0:44

0:48 - 0:49

<https://www.youtube.com/watch?v=LDplU6o7sxQ>

1:52 - 1:55

2:08 - 2:10

2:28 - 2:30

**BHARADVAJASANA**

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

1:52 - 1:58

2:06 - 2:09

2:57 - 3:01

<https://www.youtube.com/watch?v=maNchjp7BNY>

1:15 - 1:18

1:21 - 1:23

1:43 - 1:48

<https://www.youtube.com/watch?v=ss5WhIn1e-Y>

0:50 - 0:57

1:38 - 1:40

1:55 - 1:58

<https://www.youtube.com/watch?v=z0qW51ag7Gk>

0:23 - 0:26

1:14 - 1:22

<https://www.youtube.com/watch?v=_BBtJP2I2Ho>

1:05 - 1:10

1:14 - 1:19

1:40 - 1:44

<https://www.youtube.com/watch?v=hLu6L7TO1hQ>

0:14 - 0:17

1:00 - 1:04

<https://www.youtube.com/watch?v=mkTqqepuby8>

2:35 - 2:40

3:20 - 3:24

<https://www.youtube.com/watch?v=plfqdMd0KLg>

0:08 - 0:10

0:32 - 0:34

<https://www.youtube.com/watch?v=8elQh8VRsas>

0:31 - 0:37

1:29 - 1:30

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

0:11 - 0:13

0:55 - 0:58

<https://www.youtube.com/watch?v=sMG1mLUe518>

0:18 - 0:21

<https://www.youtube.com/watch?v=vEY5O2SXliM>

0:03 - 0:06

0:21 - 0:25

<https://www.youtube.com/watch?v=Z_qs_KpBZl8>

1:40 - 1:45

<https://www.youtube.com/watch?v=vGjiVVXl-Y8>

0:36 - 0:40

**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

<https://www.youtube.com/watch?v=BmJTl4cY1vc>

5:57 - 6:01

6:09 - 6:12

9:13 - 9:14

9:25 - 9:26

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

0:16 - 0:18

0:38 - 0:40

0:44 - 0:48

<https://www.youtube.com/watch?v=i5PlHo0yWvk>

0:10 - 0:15

0:50 - 0:55

<https://www.youtube.com/watch?v=60shtDumZfo>

0:35 - 0:38

1:00 - 1:05

5:26 - 5:29

5:45 - 5:47

<https://www.youtube.com/watch?v=dYzJBkT7Fes>

0:08 - 0:12

0:24 - 0:27

<https://www.youtube.com/watch?v=LEKrOw0V8sY>

1:51 - 1:56

2:34 - 2:36

6:40 - 6:45

8:45 - 8:47

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

0:00 - 0:05

0:15 - 0:20

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

0:08 - 0:11

0:14 - 0:20

0:44 - 0:47

<https://www.youtube.com/watch?v=7V1c4ycuY7c>

0:10 - 0:14

0:27 - 0:30

<https://www.youtube.com/watch?v=o8gwkaFk2QQ>

0:13 - 0:16

0:52 - 0:54

<https://www.youtube.com/watch?v=LAoCEih_4L4>

2:14 - 2:16

4:35 - 4:38

**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

<https://www.youtube.com/watch?v=2O_8cbMcSvc>

0:31 - 0:35

1:42 - 1:45

<https://www.youtube.com/watch?v=62vthYsLpN0>

1:12 - 1:15

1:53 - 1:54

<https://www.youtube.com/watch?v=20XG7J7bHxk>

1:50 - 1:55

3:31 - 3:33

3:50 - 3:53

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

0:51 - 0:53

2:10 - 2:12

<https://www.youtube.com/watch?v=lK7LWBJYEms>

5:38 - 5:40

6:28 - 6:30

<https://www.youtube.com/watch?v=p1iTrwXiI8g>

3:27 - 3:29

5:31 - 5:33

5:50 - 5:52

<https://www.youtube.com/watch?v=GjhKIPcgdx0>

2:57 - 3:00

3:58 - 4:01

<https://www.youtube.com/watch?v=r1CoXE9OT3w>

2:41 - 2:44

4:04 - 4:06

5:37 - 5:38

<https://www.youtube.com/watch?v=l-DPKuvMmps>

1:38 - 1:40

6:30 - 6:32

9:54 - 9:56

11:45 - 11:48

**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

<https://www.youtube.com/watch?v=Z856ILtW-1s>

0:46 - 0:54

<https://www.youtube.com/watch?v=I3MA5vVGbPk>

4:01 - 4:05

<https://www.youtube.com/watch?v=V1HbXt5ZRlg>

12:33 - 12:35

12:53 - 12:59

14:22 - 14:30

<https://www.youtube.com/watch?v=K5Gk_ZuJ9rw>

0:18 - 0:23

0:30 - 0:32

<https://www.youtube.com/watch?v=Id9SU8ulNsA>

0:22 - 0:30

0:37 - 0:44

<https://www.youtube.com/watch?v=C1iuGX40yZ0>

1:13 - 1:19

2:21 - 2:23

<https://www.youtube.com/watch?v=XMl9Gi9CMpo>

0:21 - 0:27

<https://www.youtube.com/watch?v=igdSYEx6Ydo>

1:03 - 1:06

1:22 - 1:25

1:39 - 1:41

**VIRABHADRASANA I**

<https://www.youtube.com/watch?v=YbSoez-FLQU>

7:56 - 7:57

8:04 - 8:09

9:54 - 9:56

<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

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

2:53 - 2:58

3:07 - 3:10

3:12 - 3:13

<https://www.youtube.com/watch?v=kkGY3xBnaGc>

0:31 - 0:35

0:48 - 0:50

<https://www.youtube.com/watch?v=5rT--p_cLOc>

4:35 - 4:38

4:46 - 4:47

4:52 - 4:55

<https://www.youtube.com/watch?v=wcN7Z5FbqLU>

0:47 - 0:52

0:54 - 0:56

1:17 - 1:19

1:25 - 1:26

1:43 - 1:46

2:02 - 2:04

<https://www.youtube.com/watch?v=bV3VNnrg8XQ>

1:46 - 1:48

1:59 - 2:01

<https://www.youtube.com/watch?v=xahvsj6Yejk>

2:44 - 2:46

3:07 - 3:10

<https://www.youtube.com/watch?v=vx9d0lddPro>

3:12 - 3:15

3:54 - 3:55

4:21 - 4:24

5:24 - 5:26

<https://www.youtube.com/watch?v=1fbLa73Ul2g>

0:28 - 0:30

0:52 - 0:54

1:14 - 1:18

**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

<https://www.youtube.com/watch?v=4Ejz7IgODlU>

1:42 - 1:47

2:13 - 2:15

2:24 - 2:27

2:52 - 2:56

<https://www.youtube.com/watch?v=5-jgB6ysLO8>

2:03 - 2:06

3:48 - 3:54

4:23 - 4:27

**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

<https://www.youtube.com/watch?v=HuETB2HA2FM>

3:22 - 3:23

4:14 - 4:15

7:31 - 7:33

<https://www.youtube.com/watch?v=DiyOH2VYH7I>

2:06 - 2:39

3:10 - 3:19

<https://www.youtube.com/watch?v=V-5EGMdkDQU>

1:44 - 1:48

1:52 - 1:53

2:00 - 2:02

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

1:23 - 1:29

1:57 - 1:58

<https://www.youtube.com/watch?v=oJbcvoGb7ms>

1:42 - 1:49

2:11 - 2:17