



YOGA SEM 2

1. SITTING POSTURE

- a. GOMUKH AASANA
- b. JANUSIRSASANA
- c. ARDHA MARTSYENDRASANA(HALF SPINAL TWIST POSE)
- d. PASCHIMOTTANASA
- e. BHADRASANA

2. LAYING POSTURE

- a. SHALBHASANA(LOCUST POSTURE)
- b. ARDHA HALASANA(HALF PLOUGH BOSE)
- c. SARVANGASANA()
- d. HALASANA(PLOUGH POSE)
- e. MATSAYANA SUPTA VAJRASANA
- f. CHAKRASANA(WHEEL POSTURE)
- g. NAUKASANA(BOAT POSTURE)
- h. SHAVASANA(RELAXING POSE)
- i. MAKARAASANA

3. STANDING POSTURE

- a. ARDHA CHAKRASANA(HALF WHEEL POSTURE)
- b. TRIKONASANA(TRIANGLE POSTURE)
- c. PARSHWA KONASANA(SIDE ANGLE POSTURE)
- d. GARUD AASANA(EAGLE POSE)

4. PRANAYAM

- a. SHITALI

b. UJJAYI

c. BHASTRIKA

d. BHRAMARI

5. KRIYA

a. KAPALABHATI

1. SITTING POSTURE

a. GOMUKH AASANA



b. JANUSIRSASANA



c. ARDHA MARTSYENDRASANA(HALF SPINAL TWIST POSE)



d. PASCHIMOTTANASA



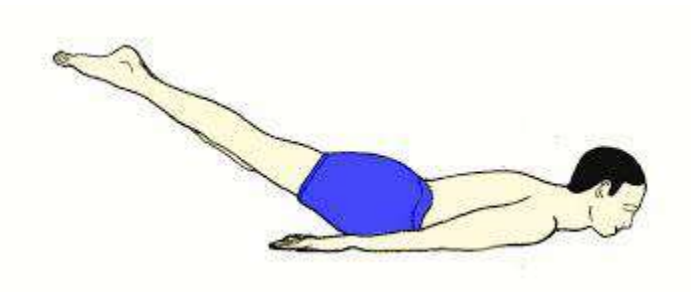
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e. BHADRASANA



2. LAYING POSTURE

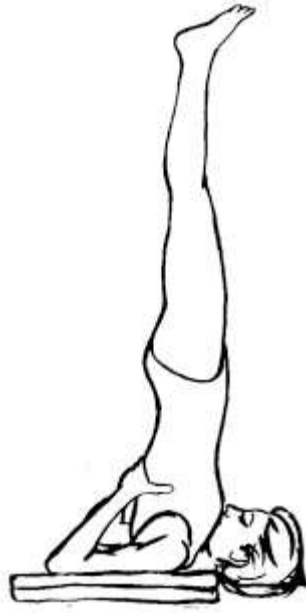
a. SHALBHASANA(LOCUST POSTURE)



b. ARDHA HALASANA(HALF PLOUGH BOSE)



c. SARVANGASANA()



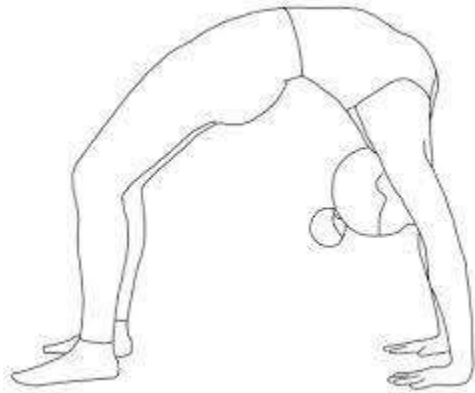
d. HALASANA(PLOUGH POSE)



e. MATSAYANA SUPTA VAJRASANA



f. CHAKRASANA(WHEEL POSTURE)



g. NAUKASANA(BOAT POSTURE)



h. SHAVASANA(RELAXING POSE)



i. MAKARAASANA



3. STANDING POSTURE

a. ARDHA CHAKRASANA (HALF WHEEL POSTURE)



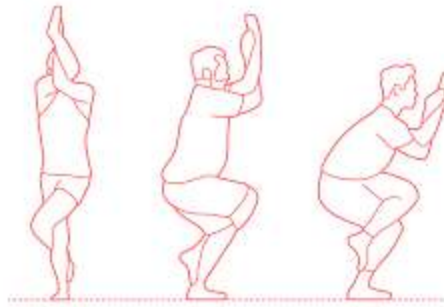
b. TRIKONASANA(TRIANGLE POSTURE)



c. PARSHWA KONASANA(SIDE ANGLE POSTURE)

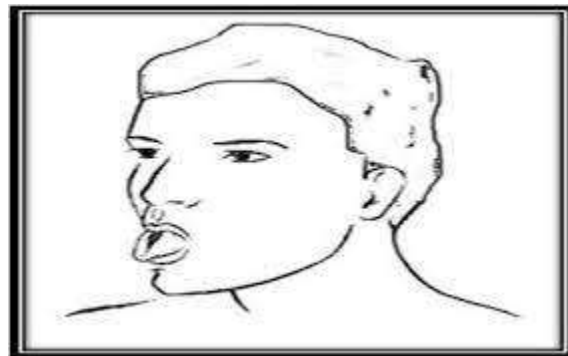


d. GARUD AASANA(EAGLE POSE)



4. PRANAYAM

a. SHITALI



b. UJJAYI



c. BHASTRIKA



भस्त्रिका प्राणायाम

d. BHRAMARI



5. KRIYA

a. KAPALABHATI

