

SURYA NAMASKARA



TRIKONASANA
THE TRIANGLE POSE



VIRABHADRASANA - I
THE WARRIOR POSE



VIRABHADRASANA - II
THE WARRIOR POSE



VIRABHADRASANA - III
THE WARRIOR POSE



VRIKSHASANA
THE TREE POSE



TADASANA
THE PALM TREE POSE



TIRYAKA TADASANA
SWAYING PALM TREE POSE





BADDHA KONASANA
THE BOUND ANGLE POSE

UTKATASANA
THE CHAIR POSE



MANDUKASANA
THE FROG POSE



SUPTA VIRASANA
RECLINING HERO POSE



GOMUKHASANA
THE COW FACE POSE



USHTRASANA
THE CAMEL POSE



BHARADVAJASANA
A SITTING TWIST POSE



PRANAYAMA



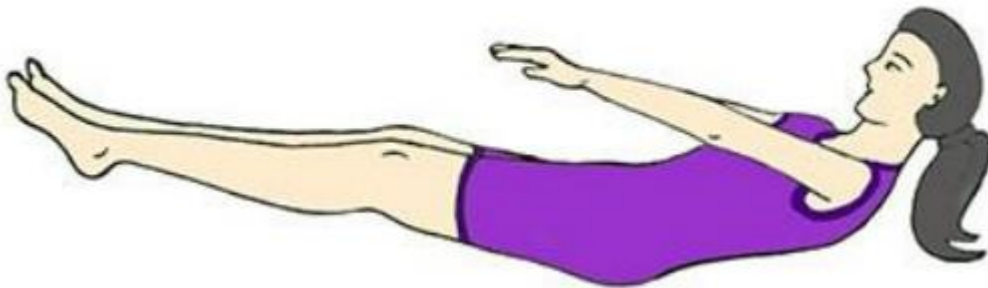
DHANURASANA
THE BOW POSE



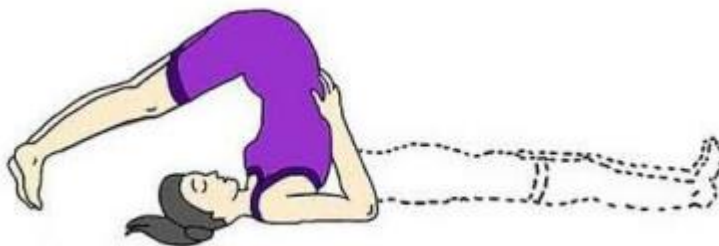
SUKHASANA
THE EASY SITTING POSE



NAUKASANA - THE BOAT POSE



HALASANA
THE PLOUGH POSE

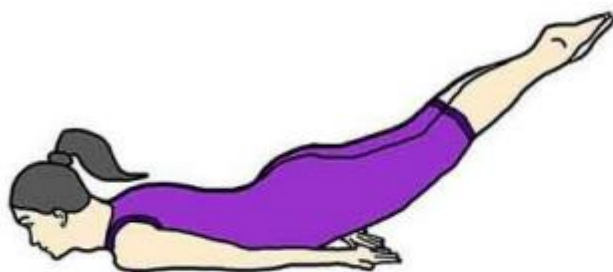




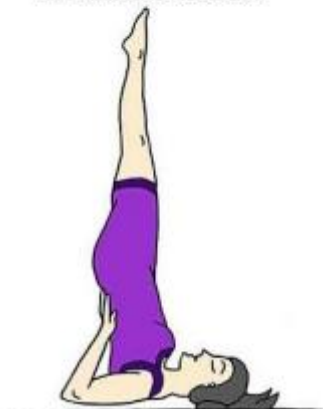
BHUJANGASANA
THE COBRA POSE



SHALABHASANA
THE LOCUST POSE

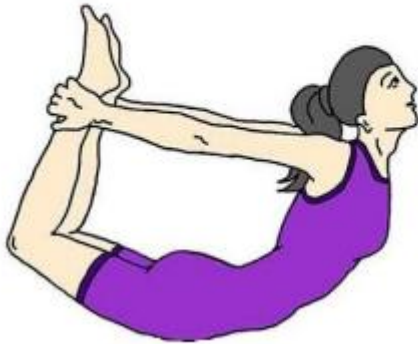


SARVANGASANA
THE SHOULDER STAND



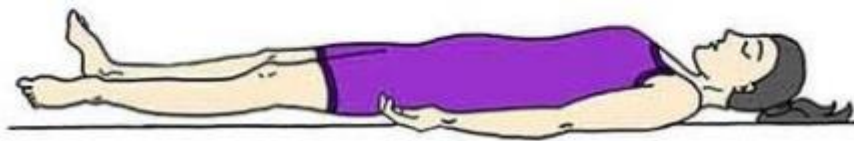
ankles and relax.

DHANURASANA
THE BOW POSE



your arms and raise yourself to the seated position.

SHAVASANA
THE CORPSE POSE



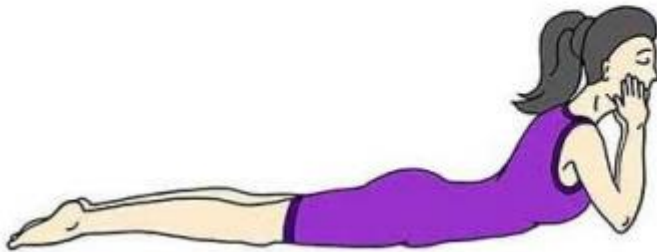
BALASANA
THE CHILD'S POSE



BALASANA
THE CHILD'S POSE



MAKARASANA
THE CROCODILE POSE



SUKHASANA
THE EASY SITTING POSE



PADMASANA
THE LOTUS POSE



VAJRASANA
THE THUNDERBOLT POSE



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PAWANMUKTASANA
GAS RELEASE POSE

