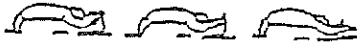


PRIMARY SERIES



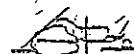
DANDASANA
Staff Posture



PASCHIMOTTANASANA A, B, C
Western Intense Stretch Posture



PURVOTTANASANA
Eastern Intense Stretch Posture



ARDHA BADDHA PADMA
PASCHIMOTTANASANA
Half Bound Lotus
Western Intense Stretch Posture



TRIANGA MUKHAIKAPADA
PASCHIMOTTANASANA
Three Limbs Face One Foot
Western Intense Stretch Posture



JANU SIRSASANA A, B, C
Head to Knee Posture



MARICHYASANA A, B, C, D
Dedicated to Marichi (Marichi - A great sage and son of Brahma)



NAVASANA (BS)
Boat Posture



BHUVANGASANA A, B
Arm Pressure Posture



KURMASANA
Tortoise Posture



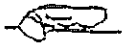
SUPTA KURMASANA
Sleeping Tortoise Posture



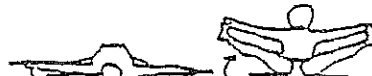
GARBHA PINDASANA
Womb Embryo Posture



KUKKUTASANA



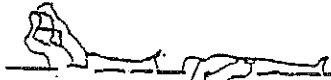
BADDHA KONASANA
Bound Angle Posture



UPAVISTHA KONASANA A, B
Seated Angle Posture



SUPTA KONASANA A. ROLL UP, THEN B
Sleeping Angle Posture



SUPTA PADANGUSTHASANA A, B
Sleeping Big Toe Posture



URDHVA PADANGUSTHASANA
Both Feet Big Toe Posture



URDHVA MUKHA PASCHIMOTTANASANA
Upward Facing Western Intense Stretch Posture



SETU BANDHASANA
Bridge Posture

BACK BENDING



URDHVA DHANURASANA (3 X, THEN TO STANDING)
Upward Bow Posture



ADHO MUKHA VRKSASANA
Handstand Posture

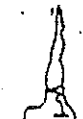
FINISHING POSTURES



PASCHIMOTTANASANA
Western Intense Stretch Posture



SAVASANA



SALAMBA
SARVANGASANA
Whole Body Supported Posture



HALASANA
Plow Posture



KARNAPIDASANA
Ear Pressure Posture



URDHVA PADMASANA
Upward Lotus Posture



PINDASANA
Embryo Posture



MATSYASANA
Fish Posture



UTTANA PADMASANA
Extended Leg Posture



SIRSASANA
Head Standing Posture



URDHVA DANDASANA



Baby's Pose



BADDHA PADMASANA
Bound Lotus Posture



YOGA MUDRASANA



PADMASANA
Lotus Posture

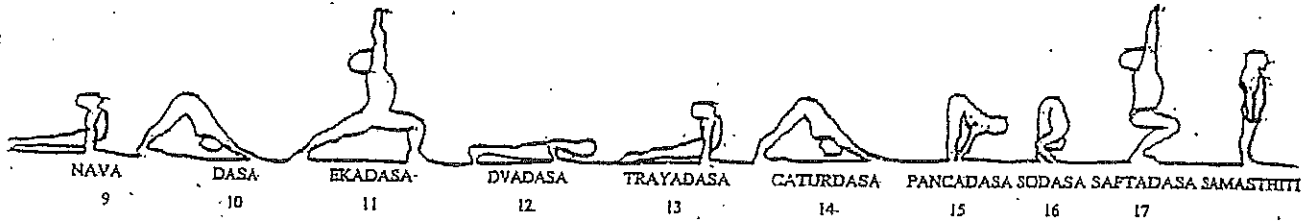
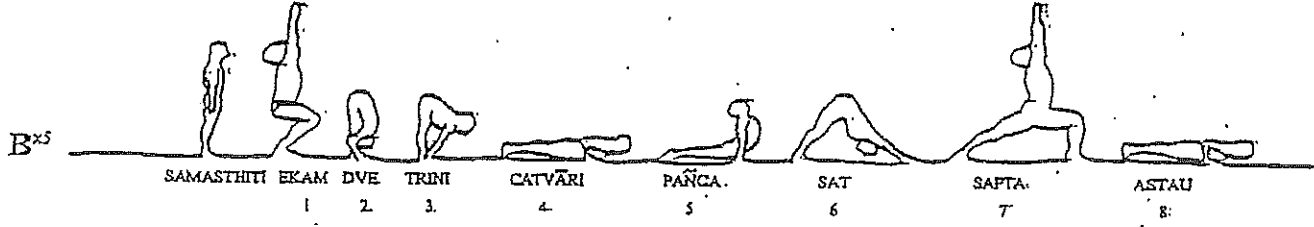
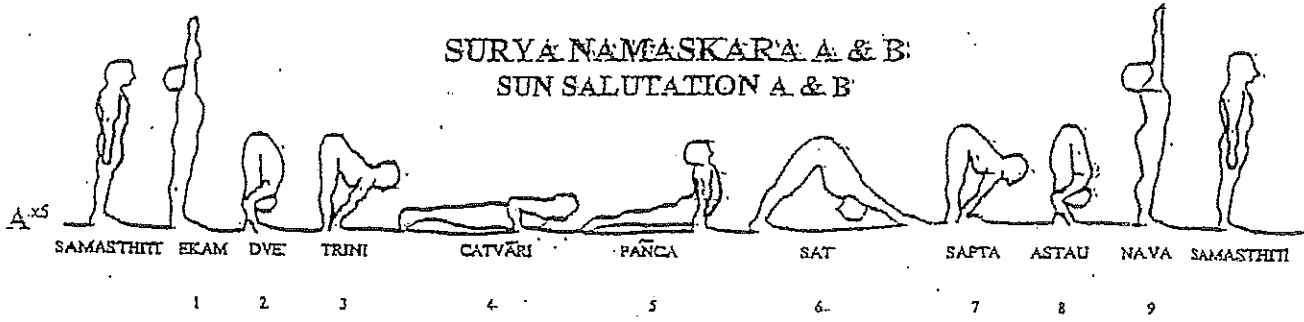


TOLASANA
Scale Posture



SAVASANA
Corpse Posture

SURYA NAMASKARA A & B
SUN SALUTATION A & B



STANDING ASANAS
BALANCE

