

URHVA HASTASANA



UTTANASANA



ADHO MUKHA SVANASANA



CHATTURANGA DANDASANA



URDHVA MUKHA SVANASANA



CHATTURANGA DANDASANA



ADHO MUKHA SVANASANA



UTTHITA TRIKONASANA



UTTHITA PARSVAKONASANA



ARDHA CHANDRASANA



VIRABHADRASANA III



VRIKSHASANA



UTTHITA HASTA
PADANGUSTHASANA



UTTHITA HASTA
PADANGUSTHASANA seitlich



UTTHITA HASTA
PADANGUSTHASANA



PARIVRITA UTTHITA HASTA
PADANGUSTHASANA



URDHVA PRASARITA EKA
PADASANA



PARSHVOTTANASANA



PARIVRITA TRIKONASANA



PARIVRITA ARDHA
CHANDRASANA



PARIVRITA
PARSHVAKONASANA



CHATTURANGA DANDASANA



URDHVA MUKHA
SVANASANA



CHATTURANGA DANDASANA



ADHO MUKHA SVANASANA

