



Dandasana



Paschimottanasana A



Paschimottanasana B



Purvottanasana



Ardha Baddha
Padma Paschimottanasana



Triang Mukhaikapada
Paschimottanasana



Janu Sirsasana A



Janu Sirsasana B



Janu Sirsasana C



Marichyasana A



Marichyasana B



Marichyasana C



Marichyasana D



Navasana



Bhujapidasana A



Bhujapidasana B



Transition



Transition



Kurmasana



Supta Kurmasana



Transition



Garbha Pindasar



Kukkutasana



Baddha Konasana