



Upavishta Konasana A



Upavishta Konasana B



Supta Konasana



Supta Padangusthasana A



Supta Padangusthasana B



Supta Padangusthasana C



Ubhaya Padangusthasana



Urdhva Mukha Paschimottasana



Setu Bandhasana



Urdhva Dhanurmasana