



Padangusthasana



Padahastasana



Utthita Trikonasana



Parivritta Trikonasana



Utthita Parvakonasana



Parivritta Parsvakonasana



Pasraris Padottanasana



Prasarita Padottanasana



Prasarita Padottanasana



Prasarita padottanasana



Parsvottanasana



Uttita hasta



Utthita Hasta Padangusthasana



Utthita Hasta Padangusthasana C



Utthita Hasta Padangusthasana D



Ardha Baddha Padmottanasana



Utkatasana



Virabhadrasana A



Virabhadrasana