

STANDING ASANAS

Padangusthasana Pada Hastasana



Utthita Trikonasana A & B



Utthita Parsvakonasana A & B



Prasarita Padottanasana A & B & C & D



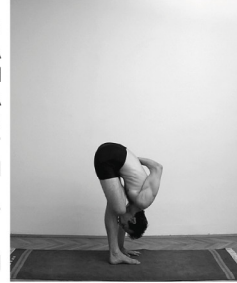
Parsvottanasana



Utthita Hasta Padangusthasana



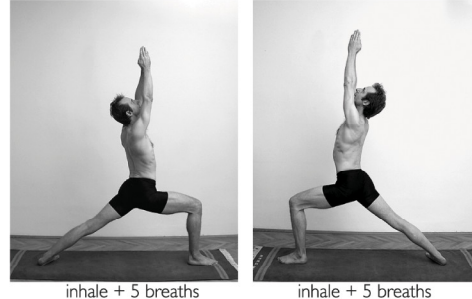
Ardha Baddha Padmottanasana



Utkatasana



Virabradasana A



Virabradasana B

