

Postures Yoga

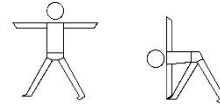
Tadasana



Vrkasana



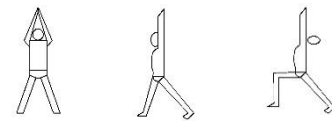
Utthita Trikonasana



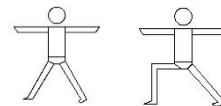
Utthita Parsvakonasana



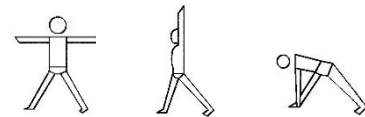
Virabhadrasana I



Virabhadrasana II



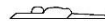
Parsvottanasana



Prasarita padottanasana



Supta ardha stasana



Eka pada supta pavana muktasana



Dvi pada supta pavana uktasana



Urdhva prasarita padottanasana
90, 60, 30, 90



Salamba sarvangasana

