



1 SUPTA PADANGUSTHASANA A



2 SUPTA PADANGUSTHASANA B



3 SUPTA PADANGUSTHASANA C



4 ADHO MUKHA SVANASANA



5 PIGEON POSE



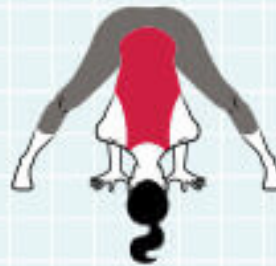
6 LIZARD POSE



7 UTTANASANA



8 PARSVOTTANASANA



9 PRASARITA PADOTTANASANA



10 UTTHITA HASTA PADANGUSTHASANA



11 BADDHA KONASANA



12 UPAVISTHA KONASANA



13 PARIPURNA NAVASANA



14 ARDHA NAVASANA



15 BAKASANA



16 TITTIBHASANA