



**Tadasana  
Samasthiti**

Mountain  
Unmoved



**Urdhva  
Hastasana**

Upward  
Hands



**Urdhva  
Baddhan-  
gulyasana**

Upward  
Bound  
Fingers



**Urdhva  
Namaskar-  
asana**

Upward  
Prayer



**Utthita  
Gomuk-  
asana Arms**

Extended  
Cow Face



**Pachima  
Namaskar-  
asana**

West  
Prayer



**Vrikshasana**

Tree



**Utkatasana**

Fierce



**Utthita Hasta Padasana**

Extended Hands Feet



**Parsva Hasta Padasana**

Side Hands Feet



**Utthita Trikonasana**  
Extended Triangle



**Virabhadrasana 2**  
Warrior Two



**Utthita Parsvakonasana**  
Extended Side Angle



**Virabhadrasana 1**  
Warrior One



**Vimanasana**  
Airplane



**Ardha Chandrasana**  
Half Moon



**Virabhadrasana 3**  
Warrior Three



**Parivrtta Trikonasana**  
Revolved Triangle



**Parivrtta Parsvakonasana**  
Revolved Side Angle



**Parighasana**  
Gate Latch



**Parsvottanasana**

Side Flank Intense Stretch



**Prasarita Padottanasana 1**

Expanded Foot One



**Uttanasana**  
Intense Stretch



**Padangusthasana**  
Foot Big Toe



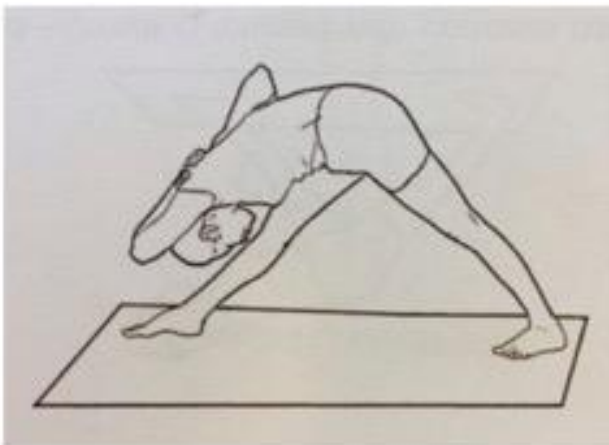
**Adho Mukha Svanasana**  
Downward Facing Dog



**Gulphasana**  
Ankle



**Pada Hastasana**  
Foot Hand



**Parsvottanasana with Utthita Gomukasana**



**Prasarita  
Padottanasana 2**



**Urdhva Prasarita Eka Padasana**

Upward Expanded One Foot



**Garudasana**

Eagle



**Utthita Hasta  
Padangusthasa**



**Parsva Hasta  
Padangusthasa**



**Parivrtta  
Hasta Padangusthasa**



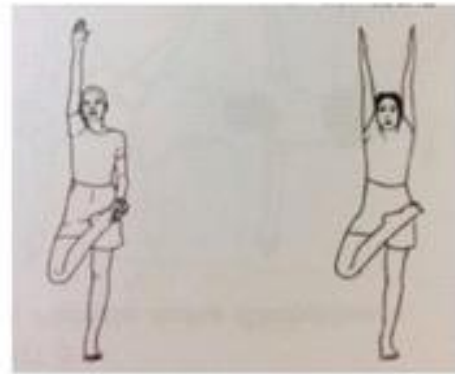
**Utthita Hasta Eka Pada Akunchanasana**

Extended Hand One Foot Squeezing



**Utthita Parsva Hasta Eka Pada Akunchanasana**

Extended Side Hand One Foot Squeezing



**Utthita Ardha Padmottanasana**

Extended Half Lotus Intense Stretch



**Ardha Padmottanasana**

Half Lotus Intense Stretch (concave)



**Ardha Padmottanasana**

Half Lotus Intense Stretch



**Parivrtta Ardha Chandrasana**

Revolved Half Moon