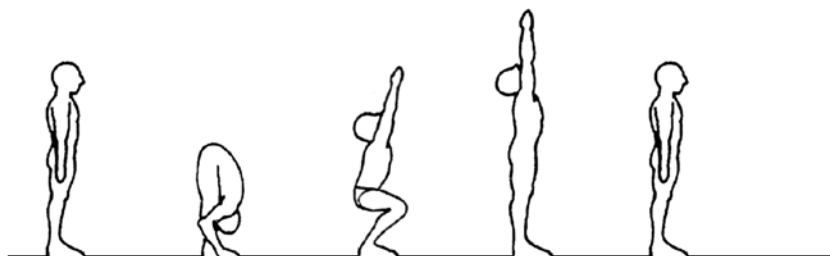


## Warm Up Sequence



## Standing Postures



Padangusthasana    Padahastasana    Utthita Trikonasana    Parivritta Trikonasana    Utthita Parsvakonasana    Parivritta Parsvakonasana

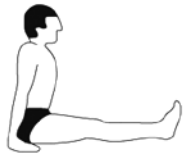


Prasarita Padattonasana

Parsvottanasana

Virabhadrasana

## Sitting Postures



Dundasana



Paschimottanasana



Janusirsasana



Baddha Konasana



Upavista Konasana



Marichyasana

## Backbends and Inversions



Halasana



Setubandha Sarvangasana

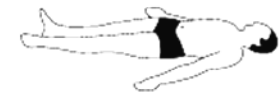


Salamba Sarvangasana

## Relaxation



Viparita Karani



Savasana

## Sitting Postures



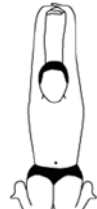
Dundasana



Paschimottasana



Janusirsasana



Virasana



Baddha Konasana



Upavista Konasana



Marichyasana

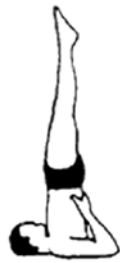
## Backbends and Inversions



Halasana



Setubandha Sarvangasana



Salamba Sarvangasana

## Relaxation



Viparita Karani



Savasana