



SIDDHASANA
PERFECT POSE



TADASANA
MOUNTAIN POSE



UTTANASANA
DEEP FORWARD FOLD



ADHO MUKHA SVANASANA
DOWNWARD FACING DOG



CHATURANGA DANDASANA
FOUR LIMBED STAFF POSE



URDHVA MUKHA SVANASANA
UPWARD FACING DOG POSE



VIRABHADRASANA I
WARRIOR POSE I



VIRABHADRASANA II
WARRIOR POSE 2



TRIKONASANA
TRIANGLE POSE



SIRSASANA
HEADSTAND



ARDHA MATSYENDRASANA
HALF LORD OF THE FISHES



JANU SIRSASANA
HEAD TO KNEE POSE



NAVASANA
BOAT POSE



BALASANA
CHILD POSE



SAVASANA
CORPSE POSE