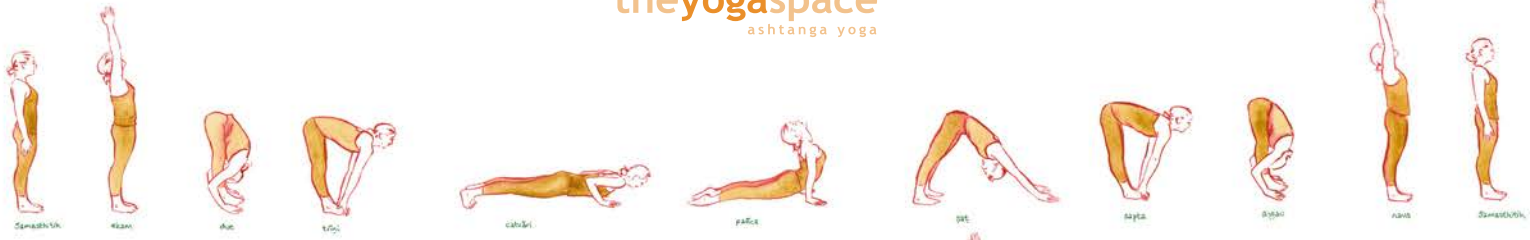


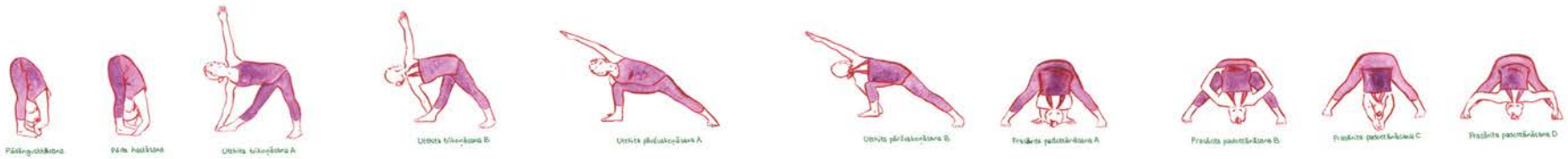
SURYAHAMSAKARA A ~



SURYAHAMSAKARA B ~



PRANAYAM SERIES ~





Dandakrasana



Paschimottasana A



Paschimottasana B



Purvottasana



Ardha badha pawan paschimottasana



Triang mukhaikapada paschimottasana



Janu Sthira A



Janu Sthira B



Janu Sthira C



Marichyasana A



Marichyasana B



Marichyasana C



Marichyasana D



Navasana



Bhujangasana



Kormasana



Surya kormasana



Garuda pranasana



Kukkutasana



Badha konjarasana



Upavista konjarasana A



Upavista konjarasana B



Surya konjarasana



Surya pawanjathasana



Ushas pawanjathasana



Urdhva mukha paschimottasana



Setu bandhasana



Chakrasana



Urdhva dhanurasana



Paschimottasana

FINISHING ASANAS ~



Sirshasana



Halasana



Karnaftasana



Urdhva padmasana



Padasana



Matsyasana



Urdhva padmasana



Chakrasana



Sirshasana



Yoga mudra



Padmasana



Uplabhi



Shavasana