

Asana Practice Guide



Tadasana
Mountain Pose



Urdhva Hastasana
Extended Arms Pose



Parvatasana
in Tadasana



Vrksasana
Tree Pose



Utkatasana
Powerful Pose



Utthita Hasta Padasana
Extended Arms & Legs



Parsva Hasta Padasana
One Leg Revolved 90



Utthita Trikonasana
(Hand on Hip)



Utthita Trikonasana
Extended Triange Pose



Virabhadrasana II
Warrior II



Utthita Parsvakonasana
Extended Lateral Angle



Vimasana
Revolve legs & torso 90



Virabhadrasana I
Warrior I



Parsvottanasana
(Concave Back)



Parsvottanasana
Extended Side Stretch



Tadasana
Elbow Grip



Uttanasana
Intense Stretch Pose



Adhomukha Svanasana
Downward Dog Pose



Urdhva Prasarita Padasana
Upward Extended Legs



Paschimotanasana
Seated Forward Bend



Setu Bandha
Bridge Pose



Savasana
Conscious Relaxation