

DEEL I - YOGA CHIKITSA (HALF-PRIMARY)



SURYA NAMASKAR. A

SURYA NAMASKAR B

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PADAN PADA-GUSHTHASANA HASTASANA



UTTHITA TRIKONASANA PARIVRITTA TRIKONASANA



UTTHITA PARIVRITTA PARSHVAKONASANA



PRASARITA PADOTTAN ASANA [A]



PRASARITA PADOTTAN ASANA [B]



PRASARITA PADOTTAN ASANA [C]



PRASARITA PADOTTAN ASANA [D]



PARSHVOTTANASANA



UTTHITHA HASTA PADANGSTUSANA



UTTHITHA PARSHVASAHITA



UTTHITHA HASTA PADAN GUSHTHASANA [B]



ARDHA BADDHA PADMOTTANASANA



UTKATASANA



VIRABHADRASANA [A] VIRABHADRASANA [B]



DANDASANA



PASCHIMOTTANASANA



PURVOTTANASANA



ARDHA BADDHA PADMA PASCHIMOTTANASANA



TIRYAM-MUKHA EKA-PADA PASCHIMOTTANASANA



JANU SHIRSHASANA [A] JANU SHIRSHASANA [B] JANU SHIRSHASANA [C]



MARICHY ASANA [A] MARICHY ASANA [B]



MARICHY ASANA [C] MARICHY ASANA [D]



NAVASANA



URDHVA DHANURASANA



PASCHIMOTTANASANA



SALAMBA SARVANGASANA HALASANA



KARNA PIDASANA URDHVA PINDASANA



MATSYASANA



UTTANA PADASANA



SHIRSH ASANA [A]



SHIRSH ASANA [B]



BALASANA



BADDHA PADMASANA



PADMASANA

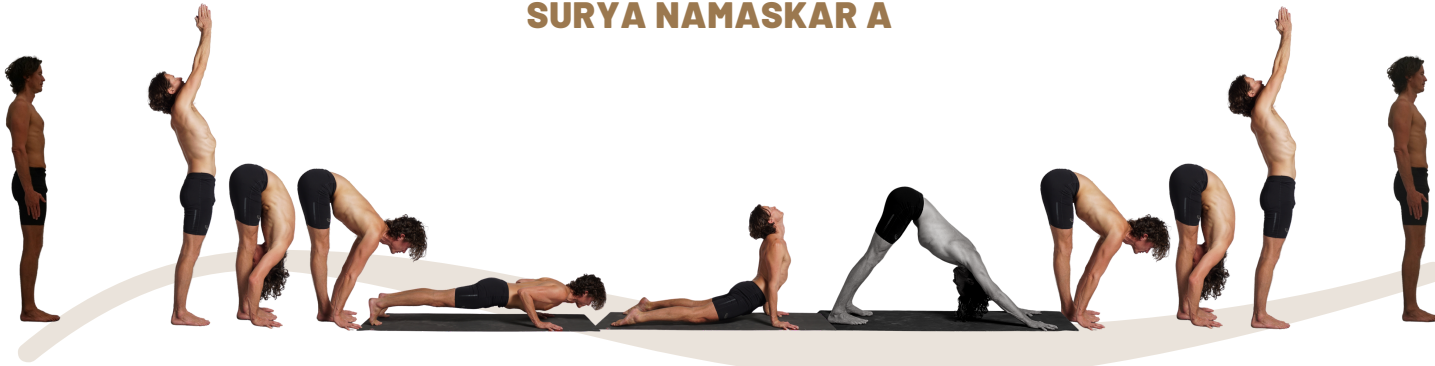


UTPLUTIH



SHAVASANA

SURYA NAMASKAR A





ADHO MUKHA SVANASANA

SURYA NAMASKAR B





ADHO MUKHA SVANASANA