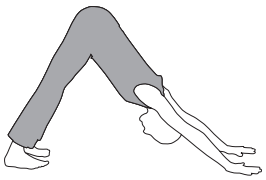
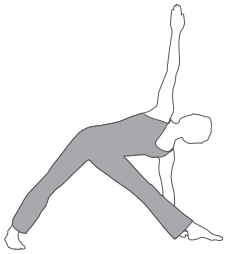
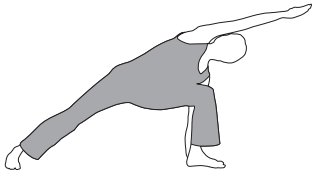


Adho Mukha Svanasana

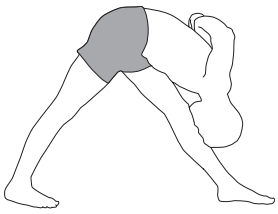
Uttanasana



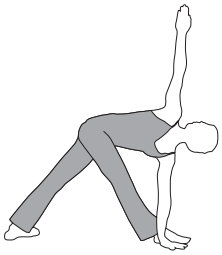
Trikonasana



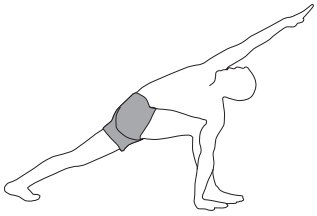
Utthita Parsvakonasana



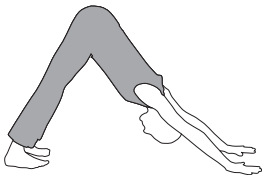
Parsvottanasana



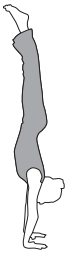
Parivrtta Trikonasana



Parivrtta Parsvkonasana



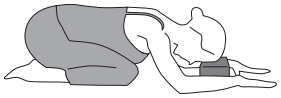
Adho Mukha Svanasana



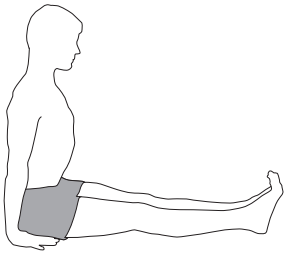
Adho Mukha Vrksasana

Uttanasana

Sirsasana



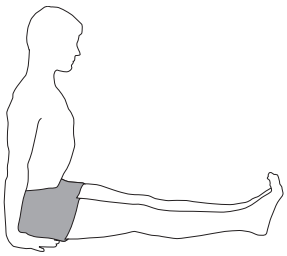
Adho Mukha Virasana



Dandasana
(supported by two blankets)

Upavistha Konasana

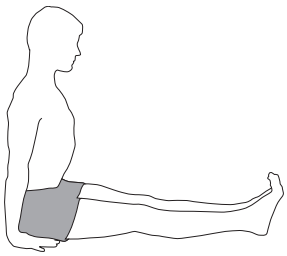
Parivrtta Konasana*



Dandasana

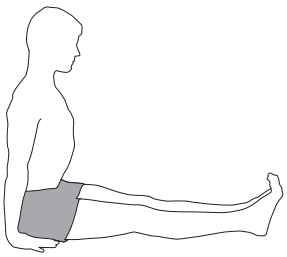
Bharadvajasana I
(supported by two blankets)

Bharadvajasana II
(supported by two blankets)

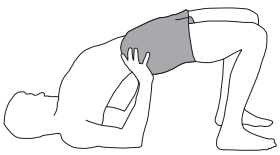


Dandasana

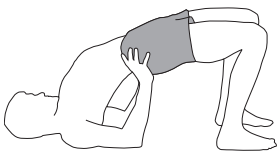
Baddha Konasana
(supported by blanket)

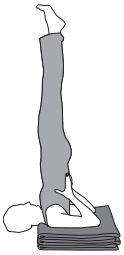


Dandasana

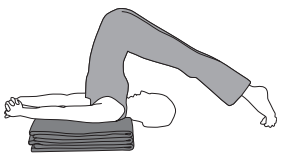


Setu Bandha Sarvangasana** (see variations below)

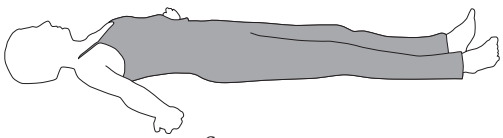




Salamba Sarvangasana



Halasana (with wide legs)



Savasana