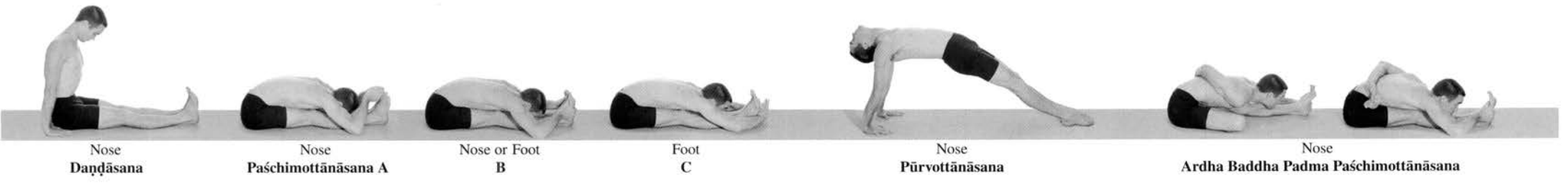


PRIMARY ĀSANA





Nose
Navāsana x5



Nose
Lolāsana



Nose
Bhuja Piḍāsana



3rd Eye
Kūrmāsana



Nose
Supta Kūrmāsana



Nose
Garbha Piḍāsana



Nose
Kukkuṭāsana



Nose
Baddha Koṅāsana A



Nose
B



Nose
C



Nose
Upaviṣṭha



Upward
Koṅāsana A & B



Navel
Supta Koṅāsana



Foot
Supta Hasta Pādānguṣṭhāsana



Side
Supta Pārśvasahita



Foot
Supta Hasta Pādānguṣṭhāsana



Side
Supta Pārśvasahita



Upward
Ubbaya Pādānguṣṭhāsana



Nose or Feet
Ūrdhva Mukha Paśchimottānāsana



Nose
Setu Bandhāsana