

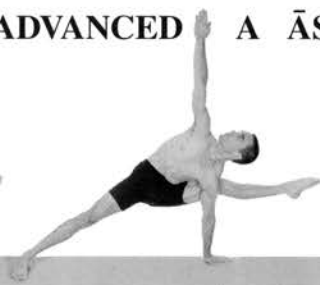
ADVANCED A ĀSANA



Foot
Vasīsthāsana



Hand
Viśwāmitrāsana



3rd Eye
Kaśyapāsana



Foot
Chakorāsana



Hand
Bhairavāsana



Nose
Skandāsana



Upward
Dūrvāsāsana



Nose
Ūrdhva Kukkuṭāsana A



Nose
Ūrdhva Kukkuṭāsana B



Nose
Ūrdhva Kukkuṭāsana C



Nose
Gālavāsana



Nose
Eka Pāda Bakāsana A



Nose
Eka Pāda Bakāsana B



Nose
Kouṇḍīnyāsana A



Nose
Kouṇḍīnyāsana B



Nose
Aṣṭāvkrāsana A



Nose
Aṣṭāvkrāsana B



Nose
Aṣṭāvkrāsana B



Side
Pūrṇa Matsyendrāsana



