

ADVANCED B ĀSANA



Nose
Mūla Bandhāsana



Nose
Nahuśāsana A



Nose
B



Nose
C



Nose
Vṛśchikāsana A



Nose
Śayanāsana



Nose
Buddhāsana



Foot
Kapilāsana



Foot
Ākarṇa Dhanurāsana A



Upward
B



Foot
Ākarṇa Dhanurāsana A



Upward
B



Nose
Pādāṅguṣṭha Dhanurāsana A



Nose
B



Nose
A



Nose
Marīchyāsana E



Side
Marīchyāsana F



Nose
Marīchyāsana G



Side
Marīchyāsana H



Nose
Tāḍāsana



Foot
Samānāsana



Nose
Pārśva Bakāsana





Nose
Puṅga Kukkuṭāsana



Nose
Eka Pāda Dhanurāsana



Nose
Eka Pāda Kapotāsana



Nose
Paryāṅgāsana A



Nose
B



Nose
Parivṛttāsana A



Circle x3 ↻



Circle x3 ↻



Nose
Parivṛttāsana B



Circle x3 ↻



Circle x3 ↻



Nose
Yoni Daṅḍāsana



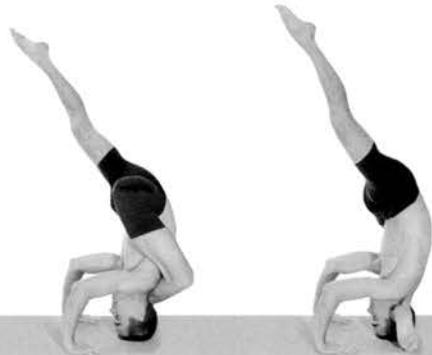
Hand
Yoga
Daṅḍāsana



Nose
Bhuja Daṅḍāsana



Nose
Pārśva Daṅḍāsana



Nose
Ūrdhva Daṅḍāsana B



Nose
Adho Daṅḍāsana



Nose
Sama Koṅḍāsana



Nose
Omkarāsana