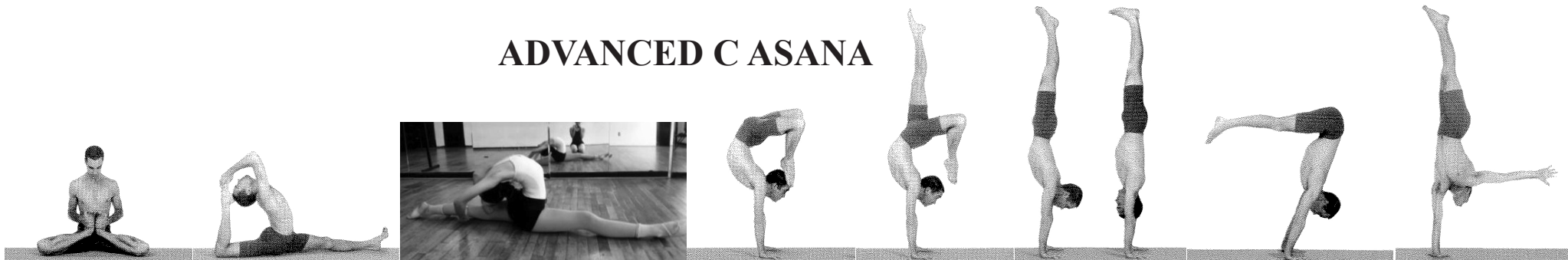


# ADVANCED C ASANA



Nose  
**Kandapidasana**

Nose  
**Kraukachasana A**

Toes  
**Kraukachasana B**

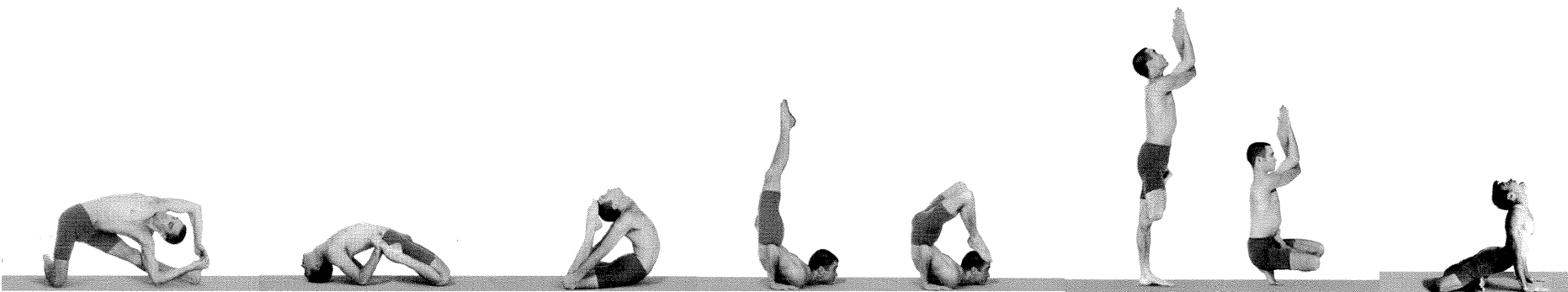
3rd Eye  
**Taraksvasana A**

3rd Eye  
**Taraksvasana B**

Nose  
**Sama-vrikshasana**

**Urdhva-danda-vrikshasana**

**Ekahasta-vrikshasana**



Upward  
**Uttana-parighasana**

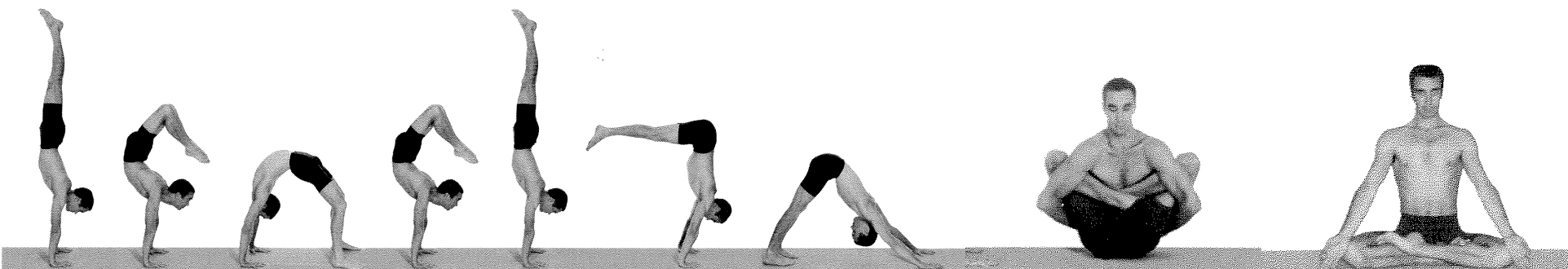
Nose  
**Supta-bhekasana**

Nose  
**Baddha-rajakapotasana**

Nose  
**Uttana-shalabhasana A, B**

Upward  
**Utthita-swastikasana**

Upward  
**Simhasana**



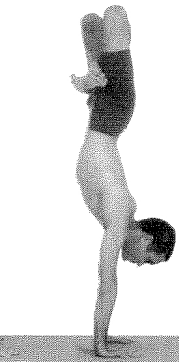
Nose  
**Viparita-chakrasana**

Nose  
**Yogasana A, B**

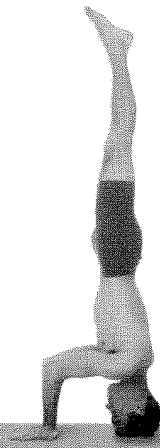
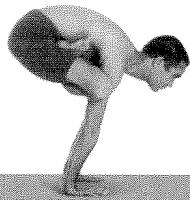
Nose  
**Swastikasana**



Nose  
**Siddhasana**



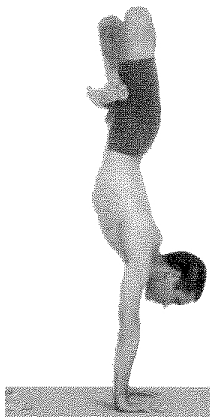
Nose  
**Urdhva-kukkutasana D**



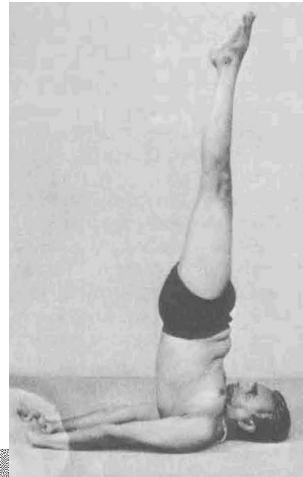
Nose  
**Shirsha-mayurasana**



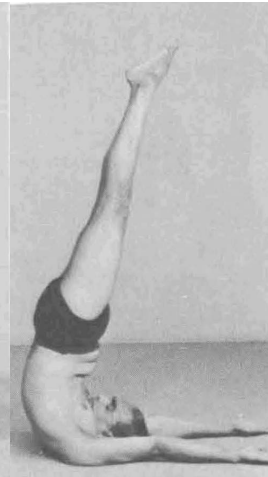
Nose  
**Shirsha-padma-mayurasana**



Nose  
**Adho-mukha-padmasana A, B**



Navel  
**Salamba sarvangasana B**



Navel  
**Niralamba sarvangasana A, B**

