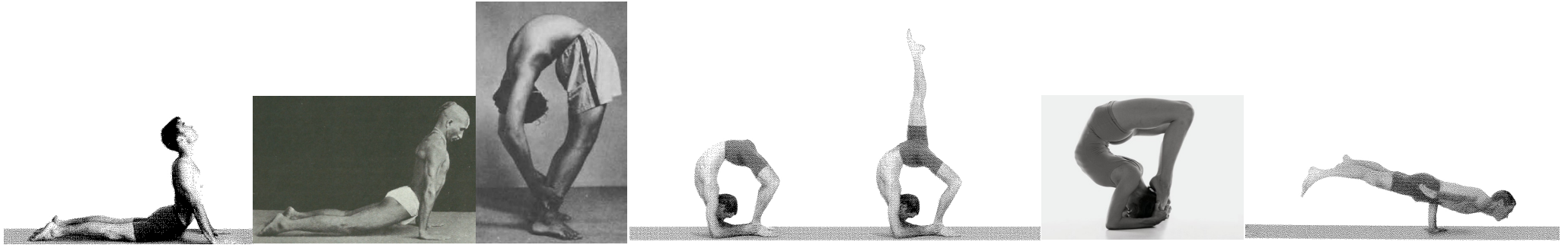


ADVANCED D ASANA



Nose
Bhujangasana A

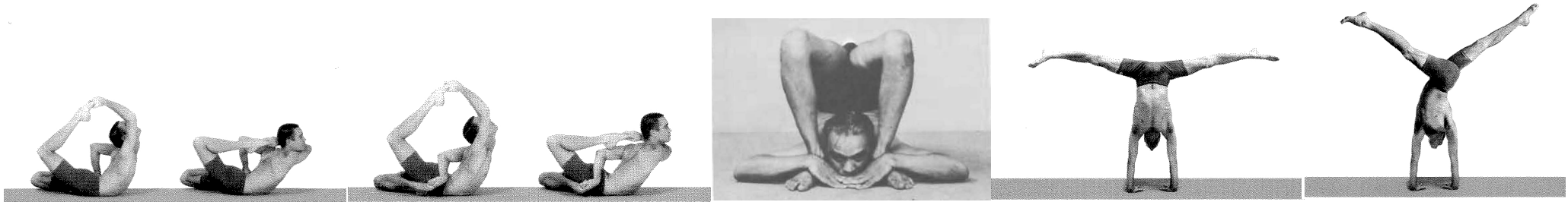
Nose
Bhujangasana B

Nose
Tiryang-mukhottanasana

Nose
Chakra-bandhasana (Ekapada)

Nose
Shirsha-padasana

Fingers
Pungu-mayurasana



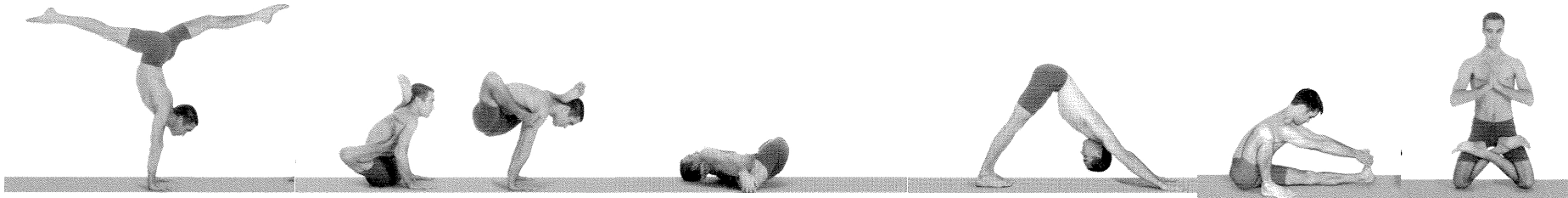
Nose
Gherandasana A, B

Nose
Gherandasana C, D

Nose
Ganda-bherundasana

Nose
Urdhva-prasarita-padasana A, B

Nose
Urdhva-prasarita-padasana A, B



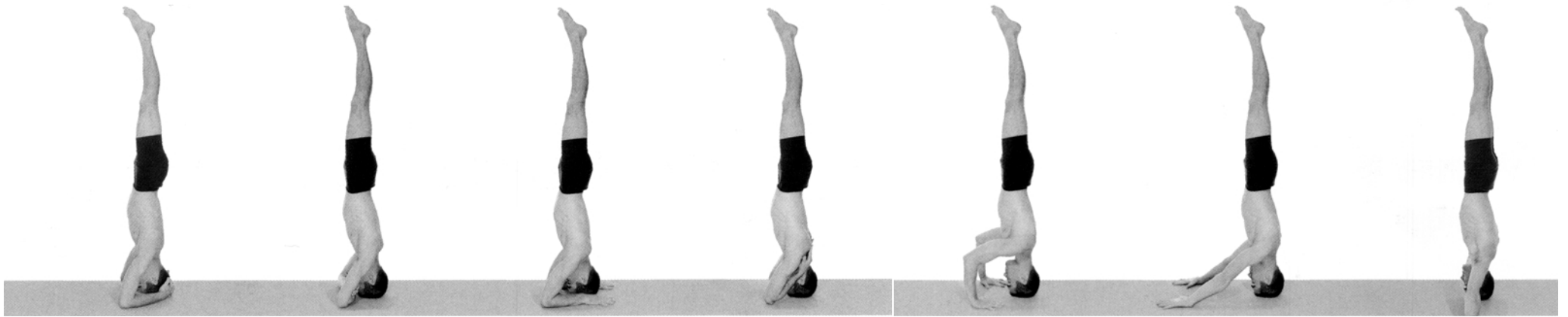
Nose
Tiryang-mukhotthita trikonasana

Nose
Ekapada-sirsa-yogadandasana

Nose
Supta-kandasana A, B

Nose
Ardha-chakrasana

Nose
Yogapithasana A, B

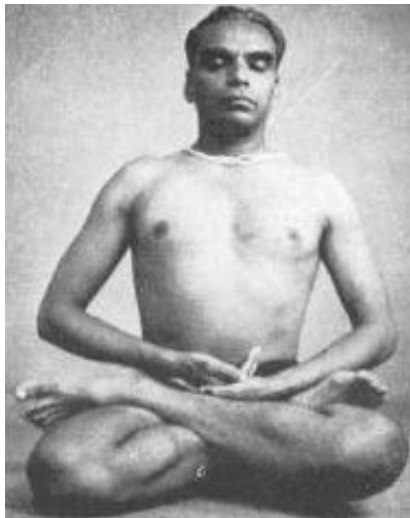


Nose
Baddha-hasta Shirshasana A B

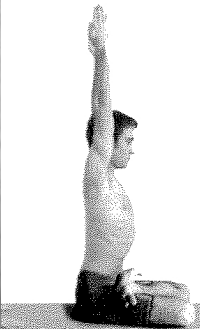
C

D

Nose
Mukta-hasta Shirshasana A B C



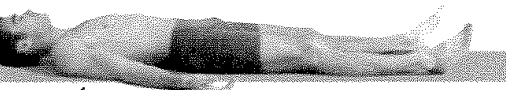
Nose
Parvatasana A



Hands
Parvatasana B



Hands
Parvatasana C



Shavasana (Take rest)