



Dos / Consolidation #1



Shavasana - Urdhva Hastasana / Mur



Eka Pada Supta Pavanamuktasana



EP S Pavanamuktasana Lat.



Baddha Konasana



Baddha Konasana



EP S Pavanamuktasana Lat.



Adho Mukha Svanasana



Hanging Uttanasana



Hanging Uttanasana *



Hanging Virasana



Adho Mukha Virasana



Adho Mukha Virasana



Urdhva Prasarita Padasana



Svastikasana



Supta Pavanamuktasana



Shavasana

