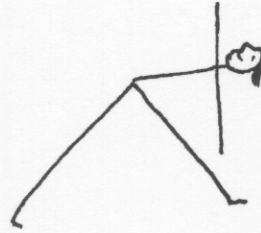


PRACTICE SHEET #3

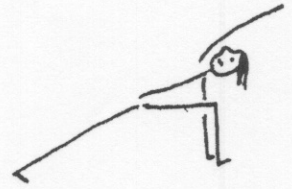
Uthhita Hasta Padangusthasana 1 & 2



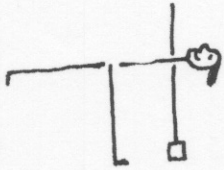
3. Uthhita Trikonasana



4. Uthhita Parsvakonasana



5. Ardha Chandrasana



6. Prasrita Padottanasana



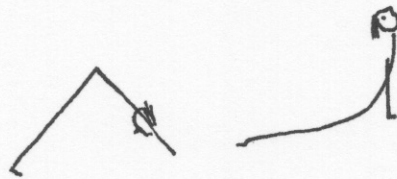
7. Adho Mukha Svanasana



8. Sirsasana



9. A.M. Svan / Urdhva Mukha Svan.



10. Ustrasana



11.

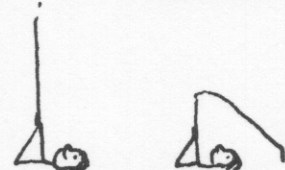
Maxichyasana 3.



12. Janu Sirsasana



13. Shoulderstand / Halasana



15. Savasana