

PRACTICE SHEET #4

1. uttanasana



2. tadasana



3. trikonasana



4. parivrtta trikonasana



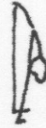
5. parsvakonasana



6. parsvottanasana



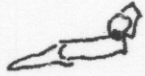
7. uttanasana



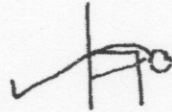
8. sirsasana

headstand

9. supta virasana



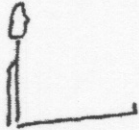
10. viparita dandasana



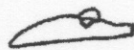
11. bharadvajasana



12. dandasana



13. paschimottasana



14. triangmukhaekapada paschimott...



15. sarvangasana



16. halasana



17. savasana

