



Navasana



Bujavidasana



Kurmasana



Supta Kurmasana



Garbha Pindasana



Kukkutasana

A

B



Babha Konasana



A

B



Upavistha Konasana



Supta Konasana



A

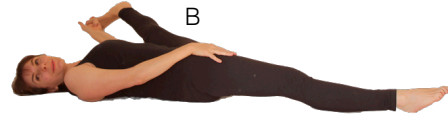
B

A

B



Supta Padangusthasana



Ubhaya Padangusthasana



Urdhva Mukha Paschimattanasana



Setu Bandhasana



Urdhva Dhanurasana

Closing Sequence



Salamba Sarvangasana



Halasana



Karnapidasna



Urdhva Padmasana



Pindasana



Mathsyasana



Uttana Padasana



Sirsasana A



Sirsasana B

Three Closing Postures



Yoga Mudra



Padmasana



Utpluthih



Take Rest