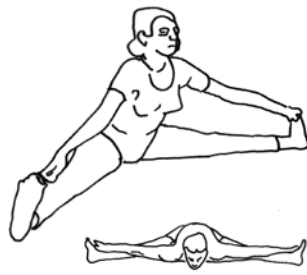




**Adho Mukha Svanasana**  
Downward Facing Dog Pose  
-Utthistha Sthiti-  
Standing Pose Category



**Upavista Konasana**  
Seated Wide Angle Pose  
-Upavista Sthiti-  
Seated Pose Category



**Ardha Matsyendrasana**  
Seated Wide Angle Pose  
-Parivrtta Sthiti-  
Lateral Extension Category



**Ardha Navasana**  
Half Boat Pose  
-Udara Akunchana Sthiti-  
Abdominal Pose Category



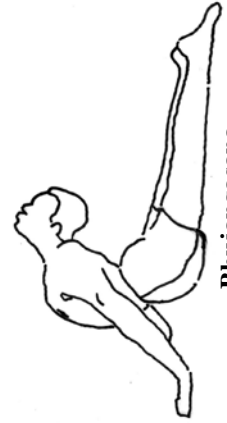
**Ardha Chandrasana**  
Half Moon Pose  
-Utthistha Sthiti-  
Standing Pose Category



**Baddha Konasana**  
Bound Angle Pose  
-Upavista Sthiti-  
Seated Pose Category



**Bharadvajasana 1**  
Dedicated to Sage Bharadvaja  
-Parivrtta Sthiti-  
Lateral Extension Category



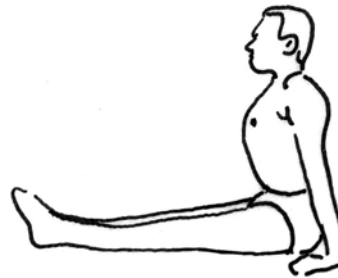
**Bhujangasana**  
Cobra Pose  
-Purva Pratana Sthiti-  
Backward Extension Category



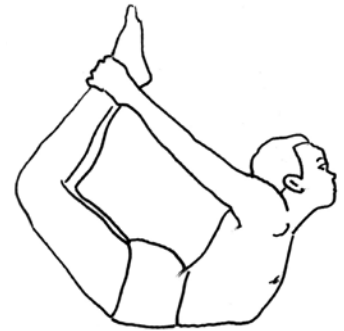
**Chaturanga Dandasana**  
Four Point Staff Pose  
-Purva Pratana Sthiti-  
Backward Extension Category



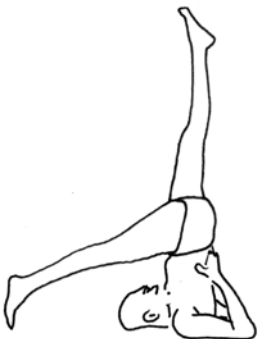
**Chatushpadasana**  
Four Footed Pose  
-Purva Pratana Sthiti-  
Backward Extension Category



**Dandasana**  
Staff Pose  
-Upavista Sthiti-  
Seated Pose Category



**Dhanurasana**  
Bow Pose  
-Purva Pratana Sthiti-  
Backward Extension Category



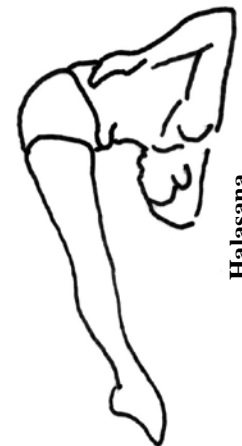
**Eka Pada Sarvangasana**  
One Footed Shoulder Balance  
-Viparita Sthiti-  
Inversion Category



**Garudasana**  
Eagle Pose  
-Utthistha Sthiti-  
Standing Pose Category



**Gomukhasana**  
Cow Face Pose  
-Upavista Sthiti-  
Seated Pose Category



**Halasana**  
Plow Pose  
-Viparita Sthiti-  
Inversion Category



**Janusirsasana**  
Head to Knee Pose  
**-Paschima Pratana Sthiti-**  
Forward Extension Category



**Karnapidasana**  
Ear Pressing Pose  
**-Viparita Sthiti-**  
Inversion Category



**Makarasana**  
Crocodile Pose  
**-Purva Pratana Sthiti-**  
Backward Extension Category



**Marichyasana 3**  
Dedicated to Sage Marichya  
**-Parivrtta Sthiti-**  
Lateral Extension Category



**Marichyasana 1**  
Dedicated to Sage Marichya  
**-Parivrtta Sthiti-**  
Lateral Extension Category



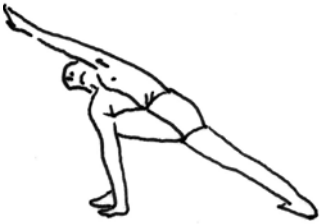
**Padahastasana**  
Hand to Foot Pose  
**-Utthistha Sthiti-**  
Standing Pose Category



**Padahastasana**  
Hand to Foot Pose, concave  
**-Utthistha Sthiti-**  
Standing Pose Category



**Padangusthasana**  
Hand to Big Toe Pose  
**-Utthistha Sthiti-**  
Standing Pose Category



**Parivrtta Parsvakonassana**  
Revolved Side Angle Pose  
**-Utthistha Sthiti-**  
Standing Pose Category



**Parivrtta Trikonasana**  
Revolved Triangle Pose  
**-Utthistha Sthiti-**  
Standing Pose Category



**Parighasana**  
Gate Latch Pose  
**-Utthistha Sthiti-**  
Standing Pose Category



**Paripurna Navasana**  
Full Boat Pose  
**-Udara Akunchana Sthiti-**  
Abdominal Pose Category



**Parsvaikha Pada Sarvangasana**  
One Footed Side Shoulder Balance  
**-Viparita Sthiti-**  
Inversion Category



**Parsva Halasana**  
Side Plow Pose  
**-Viparita Sthiti-**  
Inversion Category



**Parsvakonassana**  
Side Angle Pose  
**-Utthistha Sthiti-**  
Standing Pose Category



**Paschimottasana**  
Intense Stretch to the West Pose  
**-Paschima Pratana Sthiti-**  
Forward Extension Category



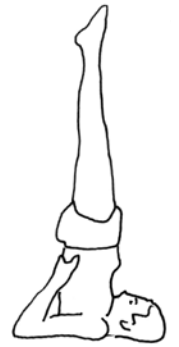
**Prasarita Padottanasana**  
Extended Foot Pose  
-Utthistha Sthiti-  
Standing Pose Category



**Prasarita Padottanasana**  
Extended Foot Pose, concave  
-Utthistha Sthiti-  
Standing Pose Category



**Salabhasana**  
Locust Pose  
-Purva Pratana Sthiti-  
Backward Extension Category



**Sarvangasana**  
Shoulder Balance  
-Viparita Sthiti-  
Inversion Category



**Setubandha Sarvangasana**  
Bridge Pose  
-Viparita Sthiti-  
Inversion Category



**Siddhasana**  
Semi-devine Pose  
-Upavista Sthiti-  
Seated Pose Category



**Salamba Sirsasana 1**  
Headstand  
-Viparita Sthiti-  
Inversion Category



**Supta Konasana**  
Reclining Angle Pose  
-Viparita Sthiti-  
Inversion Category



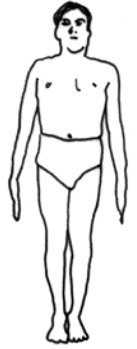
**Supta Padangusthasana 1**  
Reclining Hand to Toe Pose  
-Udara Akunchana Sthiti-  
Abdominal Pose Category



**Supta Padangusthasana 2**  
Reclining Hand to Toe Pose  
-Udara Akunchana Sthiti-  
Abdominal Pose Category



**Supta Virasana**  
Reclining Hero's Pose  
-Supta Sthiti-  
Reclining Category



**Tadasana**  
Mountain Pose  
-Utthistha Sthiti-  
Standing Pose Category



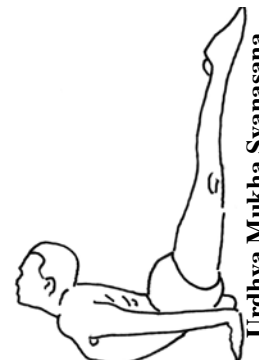
**Trianga Mukhaikapada Paschimottasana**  
Three Limbs Facing One Foot Pose  
-Pachima Pratana Sthiti-  
Forward Extension Category



**Urdhva Prasarita Padasana**  
Upward Extended Foot Pose  
-Udara Akunchana Sthiti-  
Abdominal Pose Category



**Urdhva Dhanurasana**  
Upward Wheel Pose  
-Purva Pratana Sthiti-  
Backward Extension Category



**Urdhva Mukha Svanasana**  
Upward Facing Dog Pose  
-Purva Pratana Sthiti-  
Backward Extension Category



**Ustrasana**  
Camel Pose

**-Purva Pratana Sthiti-**  
Backward Extension Category



**Utkatasana**  
Powerful Pose

**-Utthistha Sthiti-**  
Standing Pose Category



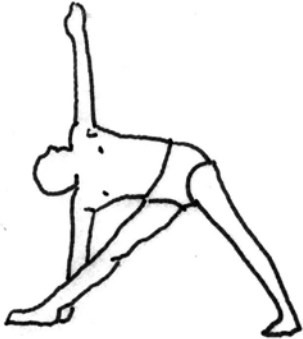
**Uttanasana**  
Intense Stretch Pose

**-Utthistha Sthiti-**  
Standing Pose Category



**Parsva Hasta Padangusthasana**  
Side Hand to Toe Pose

**-Utthistha Sthiti-**  
Standing Pose Category



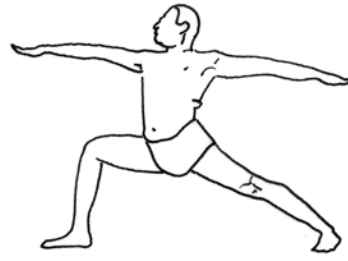
**Utthita Trikonasana**  
Extended Triangle Pose

**-Utthistha Sthiti-**  
Standing Pose Category



**Virabhadrasana 1**  
Warrior Pose

**-Utthistha Sthiti-**  
Standing Pose Category



**Virabhadrasana 2**  
Warrior Pose

**-Utthistha Sthiti-**  
Standing Pose Category



**Virabhadrasana 3**  
Warrior Pose

**-Utthistha Sthiti-**  
Standing Pose Category



**Virasana**  
Hero's Pose

**-Upavista Sthiti-**  
Seated Pose Category



**Vrksasana**  
Tree Pose

**-Utthistha Sthiti-**  
Standing Pose Category