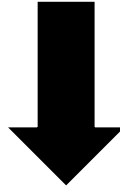
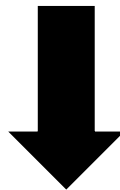


Simhasana

+ brahmari pranayama & sankalpa chant



Viralasana/Bitilasana → Vyaghrasana+



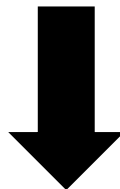
Adho Mukha Svanasana+ → Uttan Pristhasana



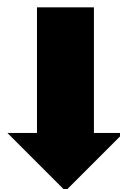
Makarasana1+ → Makara Adho Mukha Svanasana



Makarasana2 → Bhujangasana → Nagani Madasana → Bhekasana

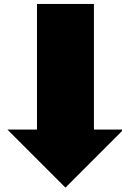


Urdhva Mukha Svanasana → Adho Mukha Svanasana
or Balasana

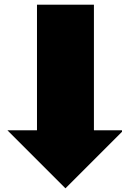


(via Uttan Pristhasana)

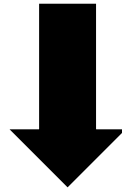
Svarga Dvijasana → Garudasana → Swan Dive & Boar



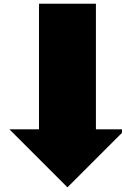
Kakasana → Mayurasana



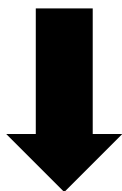
Eka hasta Bhujasana → Anantasana → Eka Pada Rajakapotasana



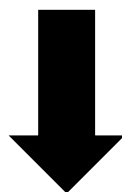
Ustrasana → Sasangasana → Hanumanasana



Kurmasana → Ardha Matsyendrasana → Chatus Pada Pitham



Matsyasana → Ananda Balasana



Savasana