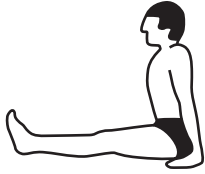




SEQUENCE for Acquaintance #5 from *Basic Guidelines*

Upavistha Sthiti

Dandasana :
Staff Pose



Urdhva Hasta Dandasana :
Upward Hands in Dandasana



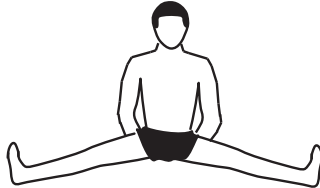
Padangustha Dandasana :
Holding Big Toe in Dandasana



Baddha Konasana :
Bound Angle Pose



Upavistha Konasana :
Seated Angle Pose



Padangustha Upavistha Konasana :
Holding Big Toe Seated Angle Pose



Svastikasana:
Simple Cross Legged Pose



Parvatasana :
Binding Fingers overhead in Svastikasana



Virasana :
Hero's Pose



Parvatasana in Virasana :
Binding Fingers Overhead in Virasana

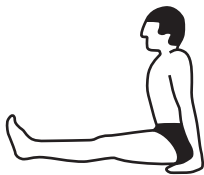


Gomukhasana :
Cow Face Pose



Paschima Pratana Sthiti

Dandasana : Staff Pose
Utthita: Upright



Urdhva Hasta :
Upward Hands



Padangustha :
Holding Big Toe



Janu Sirsasana : Upright Head of the Knee Pose
Utthita : Upright



Urdhva Hasta :
Upward Hands



Urdhva Mukha : Upward Facing



Triang Mukhaikapada Paschimottanasana :
3 Limbs Facing One Leg Intense Stretch of the Back Body



Urdhva Hasta :
Upward Hands



Urdhva Mukha : Upward Facing





SEQUENCE for Acquaintance #5 from *Basic Guidelines* - p.2

Marichyasana 1 :
Pose Dedicated
to Sage Maricy



Urdhva Hasta :
Upward Hands



Urdhva Mukha : Upward Facing



Upavistha Konasana :
Seated Angle Pose



Urdhva Hasta :
Upward Hands



Padangustha Upavistha Konasana :
Holding Big Toe Seated Angle Pose



Parivrtta Sthiti

Bharadvajasana I :
Sage Bharadvaja's Pose



Bharadvajasana II :
Sage Bharadvaja's Pose



Udara Akunchana Sthiti
Supta Padangustasana I & II:

Reclining Big Toe Pose-
Upright (#1 shown)
& Lateral (#2)



Surya Namaskar - Sun Salutations (A continuous cycle of linked Asanas)

Samasthiti :
Mountain
Pose



Namaskarasana: Hands in
Namaskar



Urdhva Hastasana
Upward Hands
Pose



Uttanasana :
Intense Stretch Pose



Adho Mukha Svanasana :
Downward Facing Dog Pose



Urdhva Mukha Svanasana :
Upward Facing Dog Pose



Chaturanga Dandasana :
Four Limbed Staff Pose



Urdhva Mukha Svanasana :
Upward Facing Dog Pose



Adho Mukha Svanasana :
Downward Facing Dog Pose



Uttanasana :
Intense Stretch Pose



Urdhva Hastasana :
Upward
Hands Pose



Namaskarasana:
Hands in Namaskar



Samasthiti :
Mountain Pose





SEQUENCE for Acquaintance #5 from *Basic Guidelines* - p.3

Viparita Sthiti

Salamba Sirsasana :

Supported Head Stand



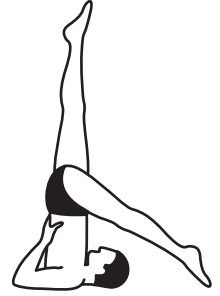
Salamba Sarvangasana :

Supported Shoulder Stand



Eka Pada Sarvangasana :

One Leg Shoulder Stand



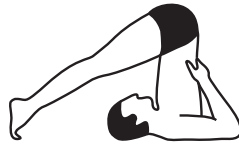
Parsvaikapada Sarvangasana :

One Leg to the Side Shoulder Stand



Halasana :

Plow Pose



Karnapidasana :

Ear Pressure Pose



Supta Konasana :

Reclining Angle Pose



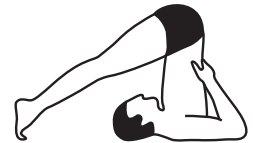
Parsva Halasana :

Lateral Plow Pose



Halasana :

Plow Pose



Visranta Karaka Sthiti

Savasana :

Corpse Pose

