

Level I Basic Standing Pose Practice



Tadasana



Utthita
Trikonasana



Utthita
Parsvokanasana



Virabhadrasana I



Virabhadrasana II



Half Uttanasana



Parsvottanasana



Prasarita
Padottanasana



Supta Pavana
Muktasana



Devi Pada Pavana
Muktasana



Vajrasana



Parvatasana



Yoga
Mudrasana



Urdva Prasarita
Padasana



Setubanda
Sarvangasana



Yoga Mudrasana
in Swastikasana



Viparita Karani



Savasana