

Level 1B Basic Standing Pose Practice



Tadasana



Vrksasana I



Utthita
Trikonasana



Utthita
Parsvakonasana



Virabhadrasana I



Virabhadrasana II



Ardha Chandrasana



Parsvottanasana



Prasarita
Padottanasana



Padangusthasana



Utkatasana



Parighasana



Adho Mukha
Svanasana



Parvatasana



Yoga
Mudrasana



Adho Mukha
Svanasana



Urdhva Prasarita
Padasana



Sarvangasana I



Halasana



Karnapidasana



Supta Konasana



Setubanda
Sarvangasana



Savasana