

Level I Basic Standing Pose Practice



Tadasana



Utthita
Trikonasana



Utthita
Parsvokanasana



Virabhadrasana I



Virabhadrasana II



Half Uttanasana



Parsvottanasana



Urdva Prasarita
Padasana



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