

Home Practice Standing Poses

Utthita Trikonasana Utthita Parsvakonasana Virabhadrasana 1



Utthita Trikonasana



Utthita Trikonasana



Adho Mukha Svanasana



Uttanasana



Utthita Parsvakonasana



Utthita Parsvakonasana



Virabhadrasana 1



Bharvajanasana 1

Please note due to a loss of audio Sirsasana teaching lasts only for 3min 45sec.
Therefore the session ends with Sirsasana.

