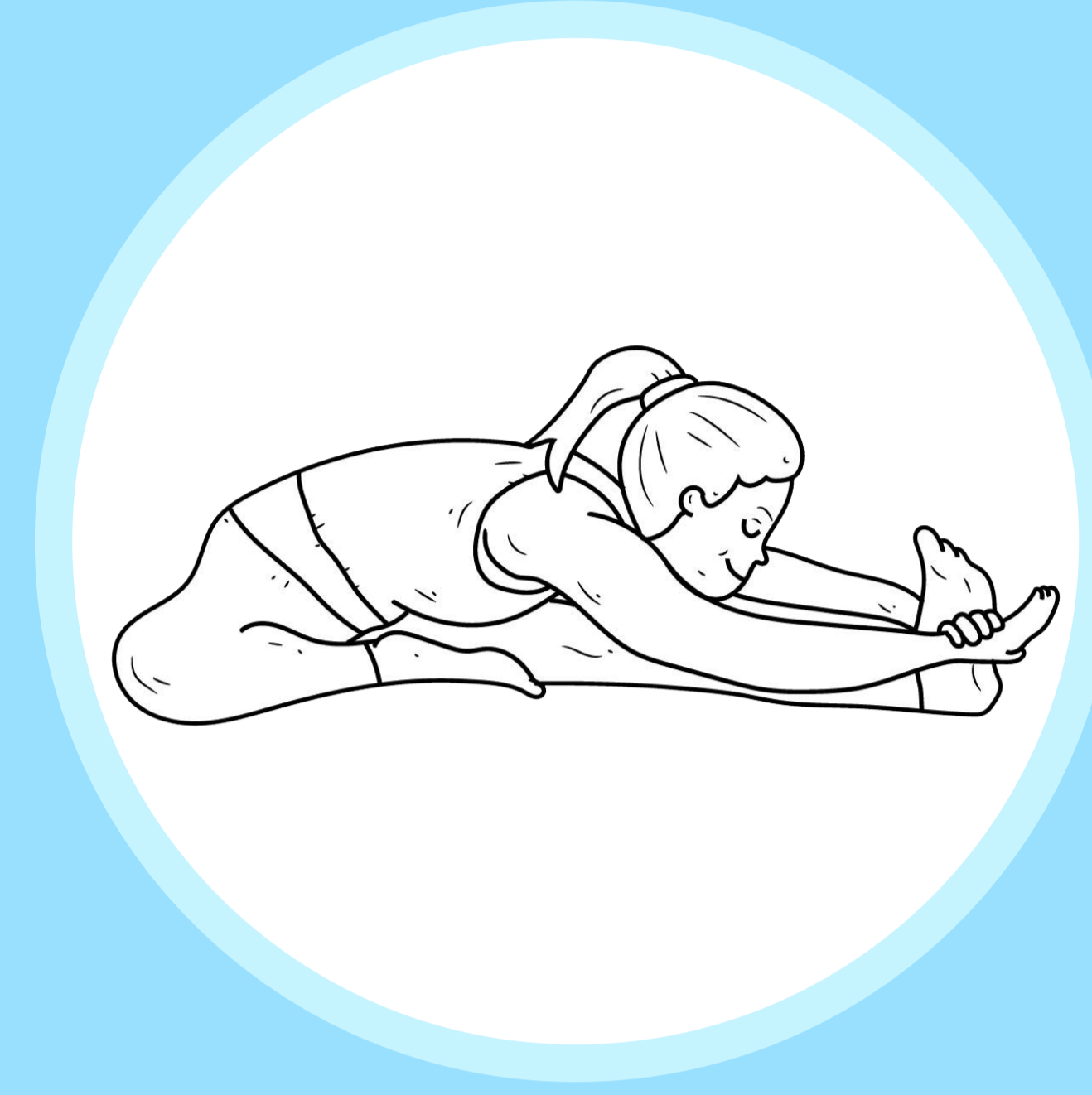


## Knees (p. 1 of 8)



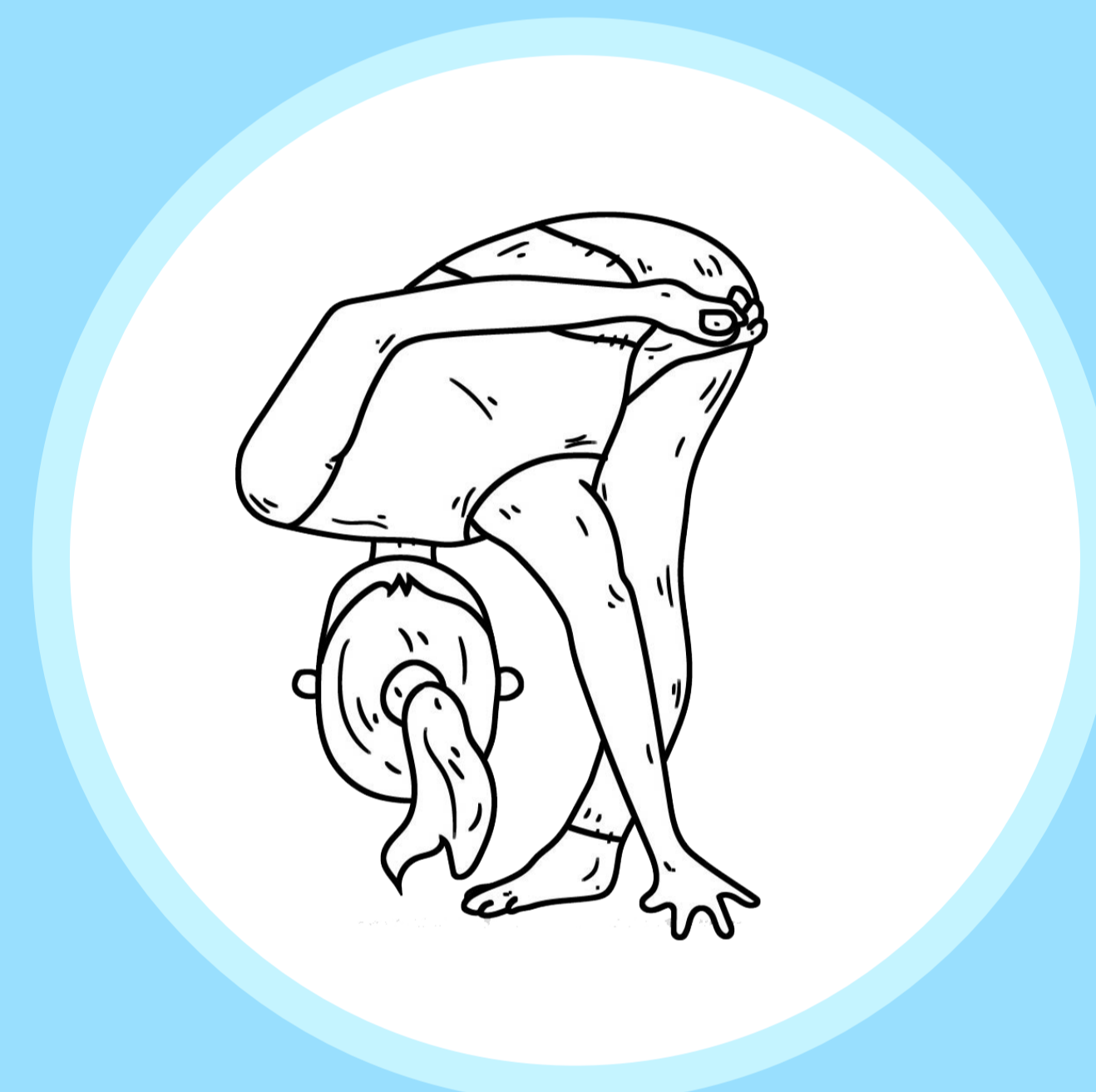
Any Standing Posture



Jānu-Śīrṣāsanaa  
(head to knee)



Paṛivṛtta Jānu-Śīrṣāsanaa  
(revolved head to knee)



Ardha Baddha Padma  
Paschimottānāsana (half bound lotus  
standing forward bend)



Triang Mukhaikapada  
Paschimottānāsana  
(three limbs west stretch)



Krounchāsana  
(heron)

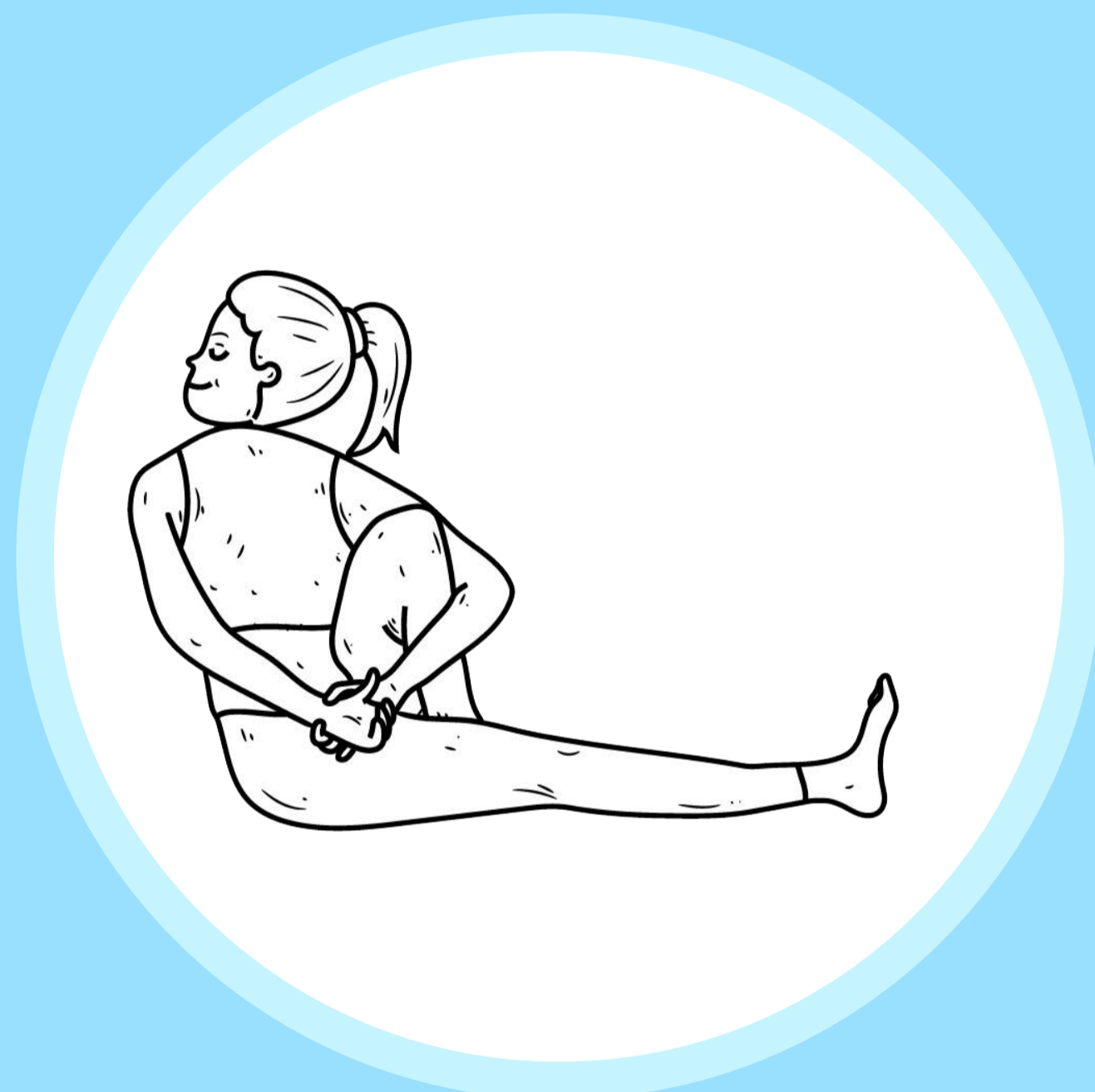
## Knees (p. 2 of 8)



**Ardha Marichyāsana I**  
(bound forward fold)



**Ardha Marichyāsana II**  
(half lotus bound forward fold)



**Ardha Marichyāsana III**  
(bound twist)



**Ardha Marichyāsana IV**  
(half lotus bound twist)



**Ākarna Dhanurāsana**  
(archer's pose)



**Padmāsana**  
(lotus)

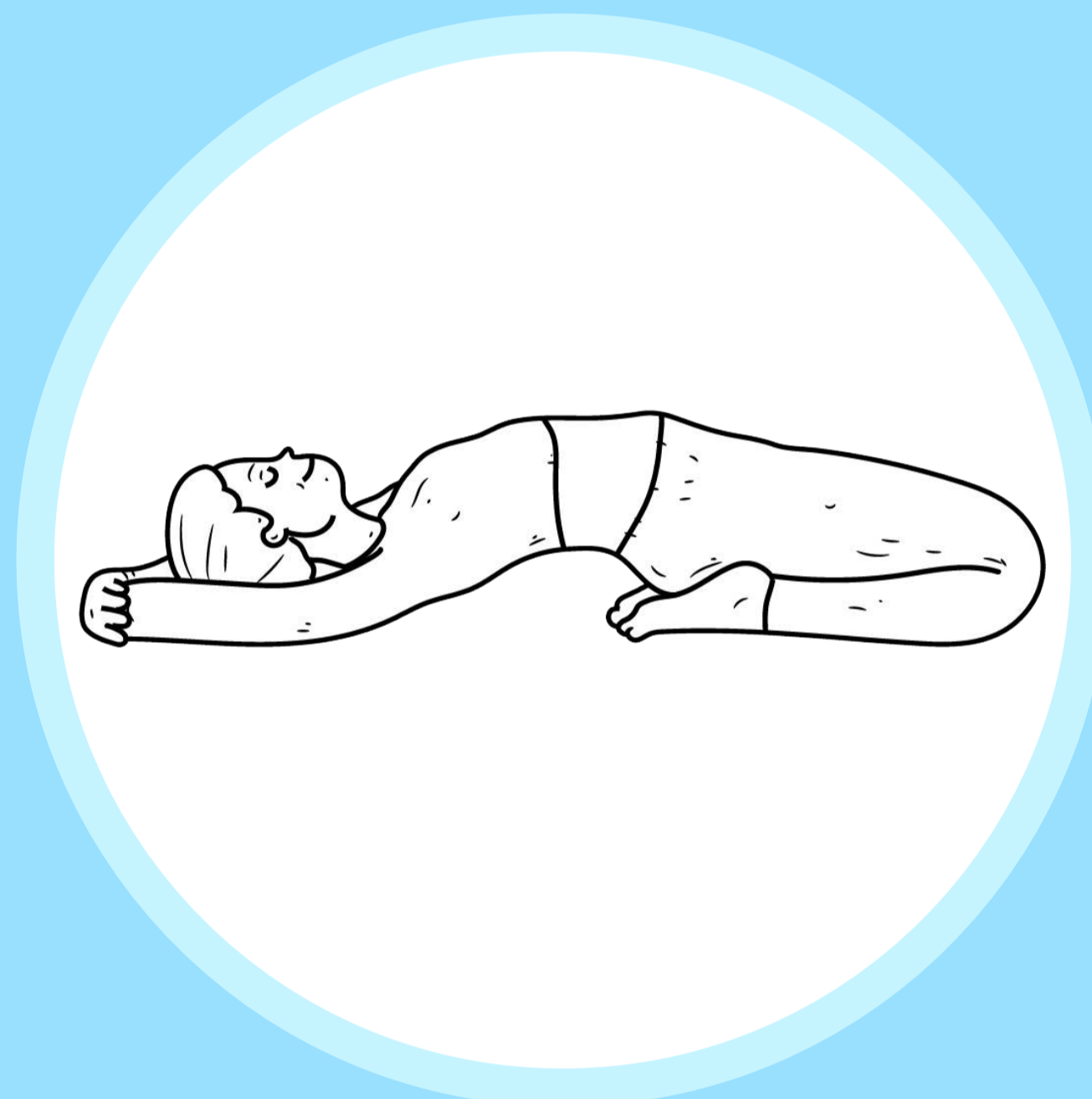
## Knees (p. 3 of 8)



Vīrāsana  
(hero)



Supta Vīrāsana  
(reclined hero)



Paryankāsana  
(bed)



Gomukhāsana  
(cow face)



Siddhāsana  
(perfect pose)

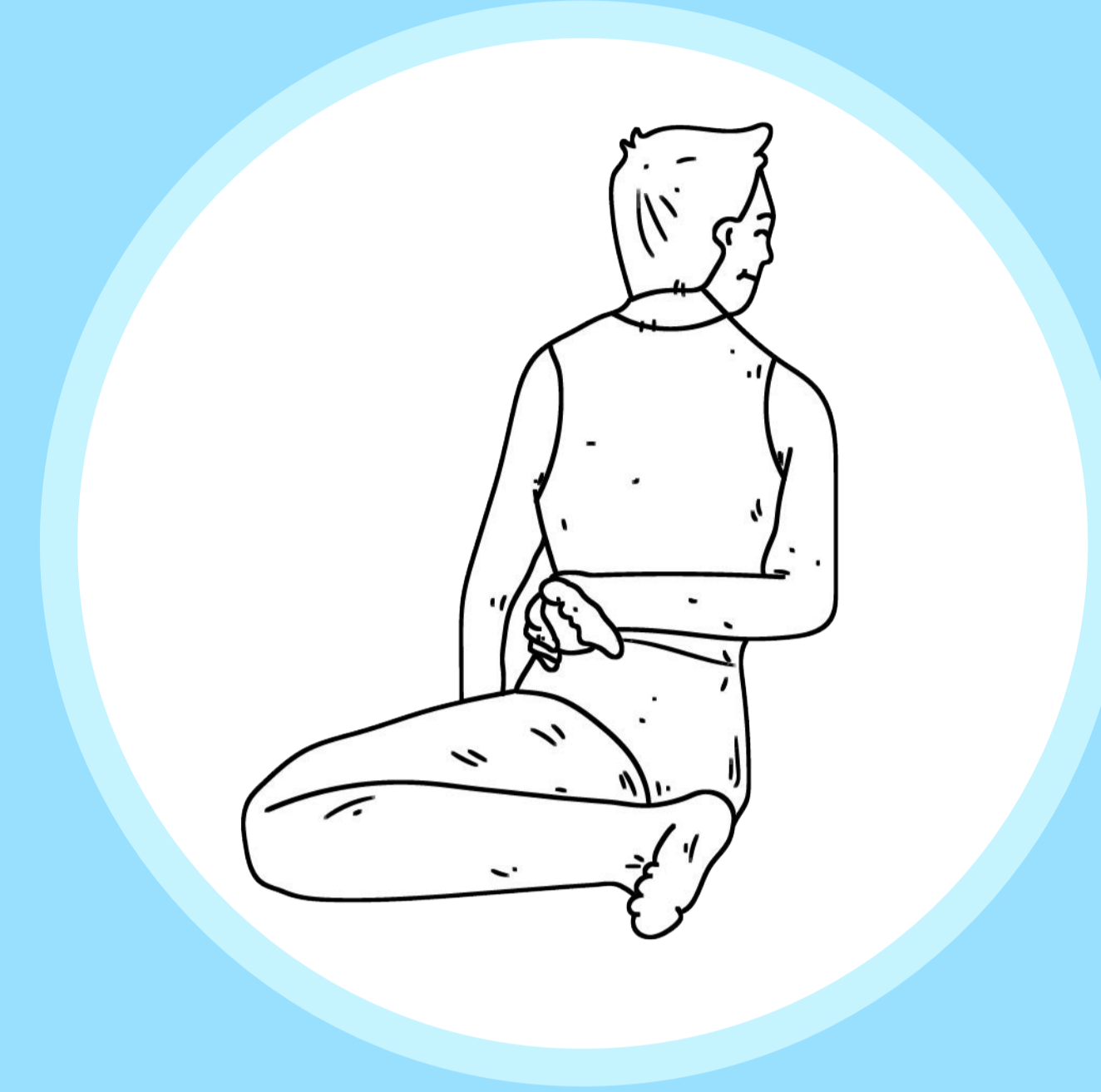


Baddha Konāsana  
(bound angle)

## Knees (p. 4 of 8)



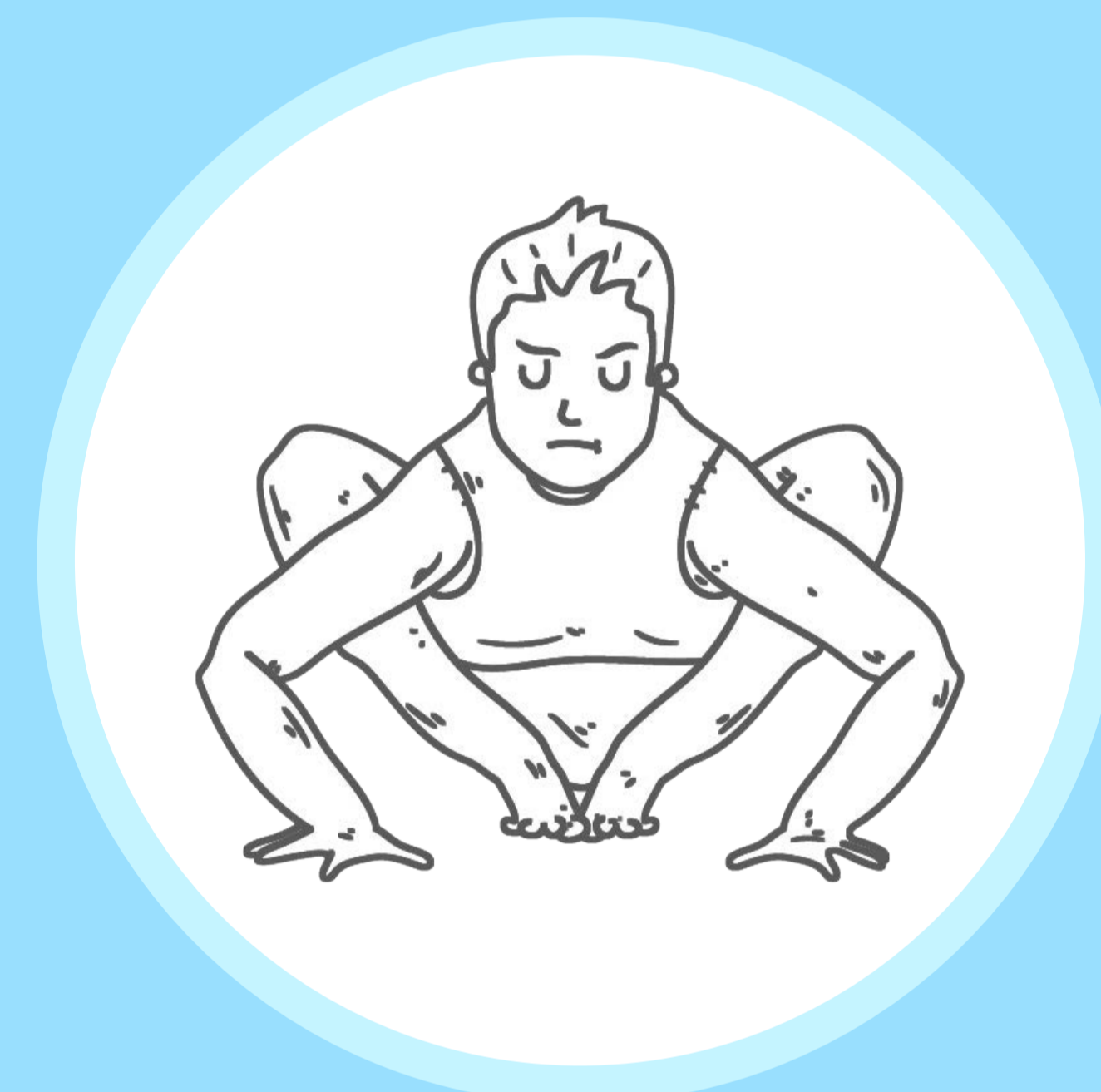
**Bharadwājāsana I**  
(father of Drona)



**Bharadwājāsana II**  
(father of drona)



**Pārśvakoṇāsana**  
(extended side angle)



**Mālāsana**  
(garland) I

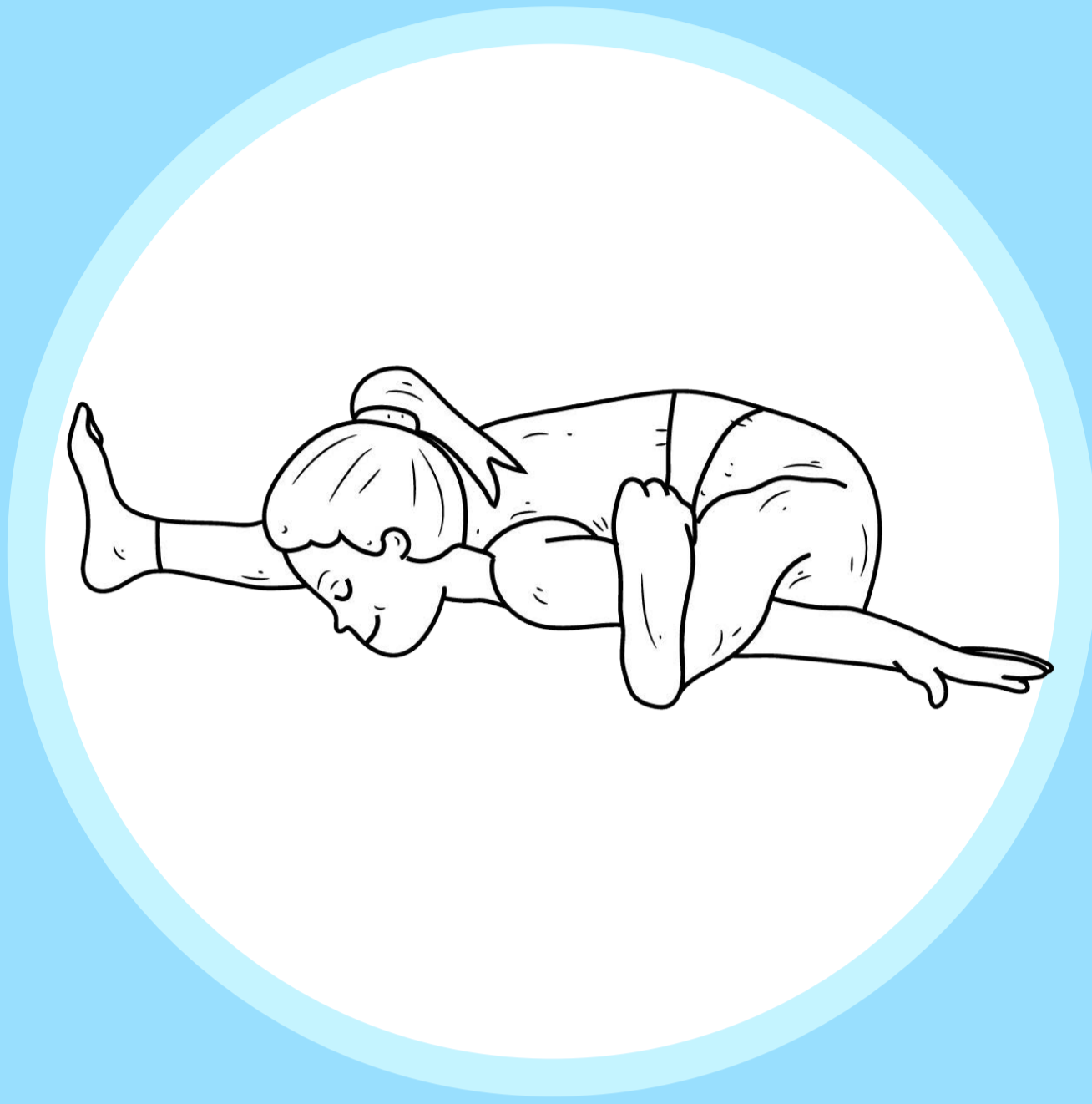


**Mālāsana**  
(garland) II

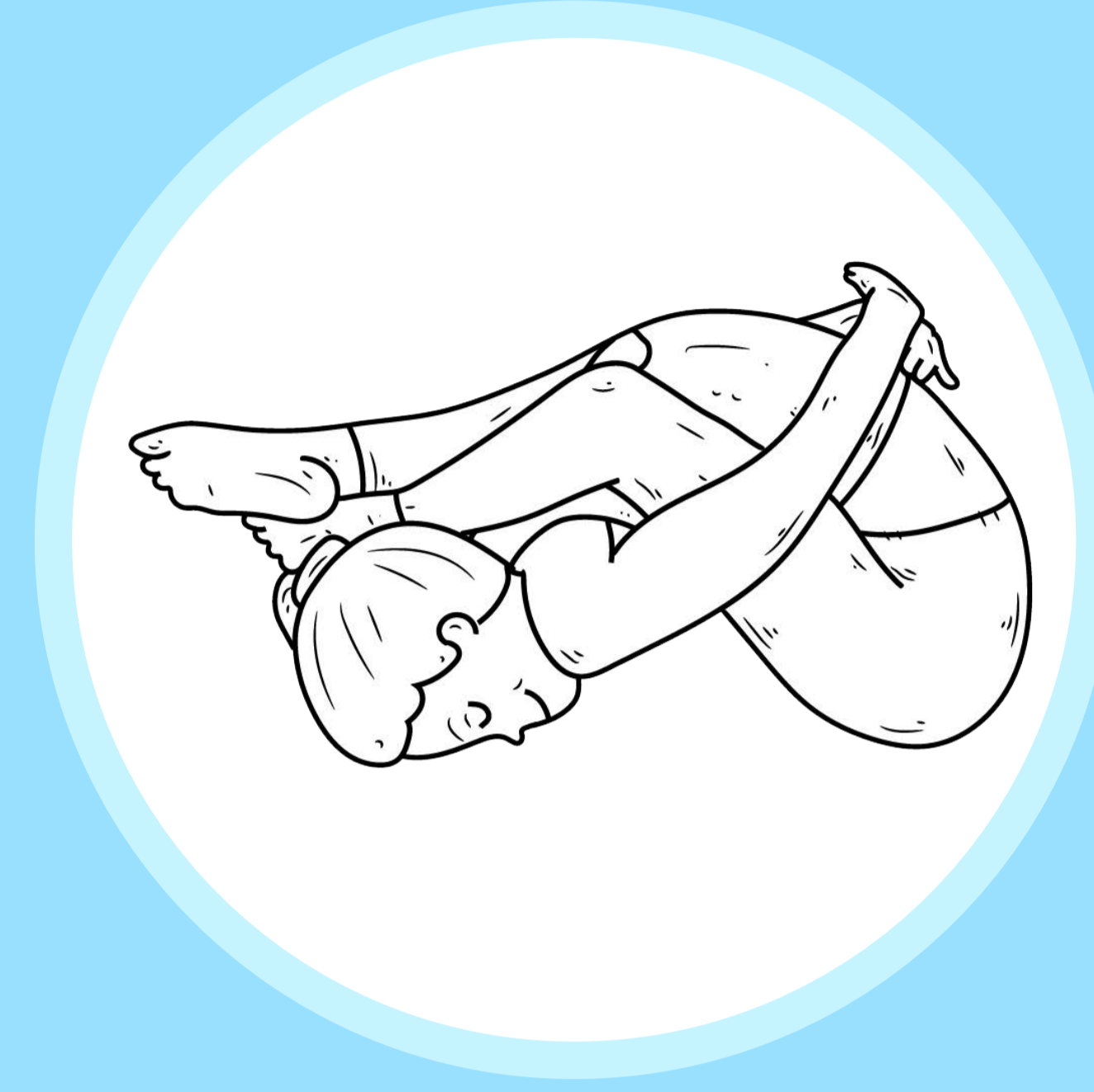


**Pāsāsana**  
(cord)

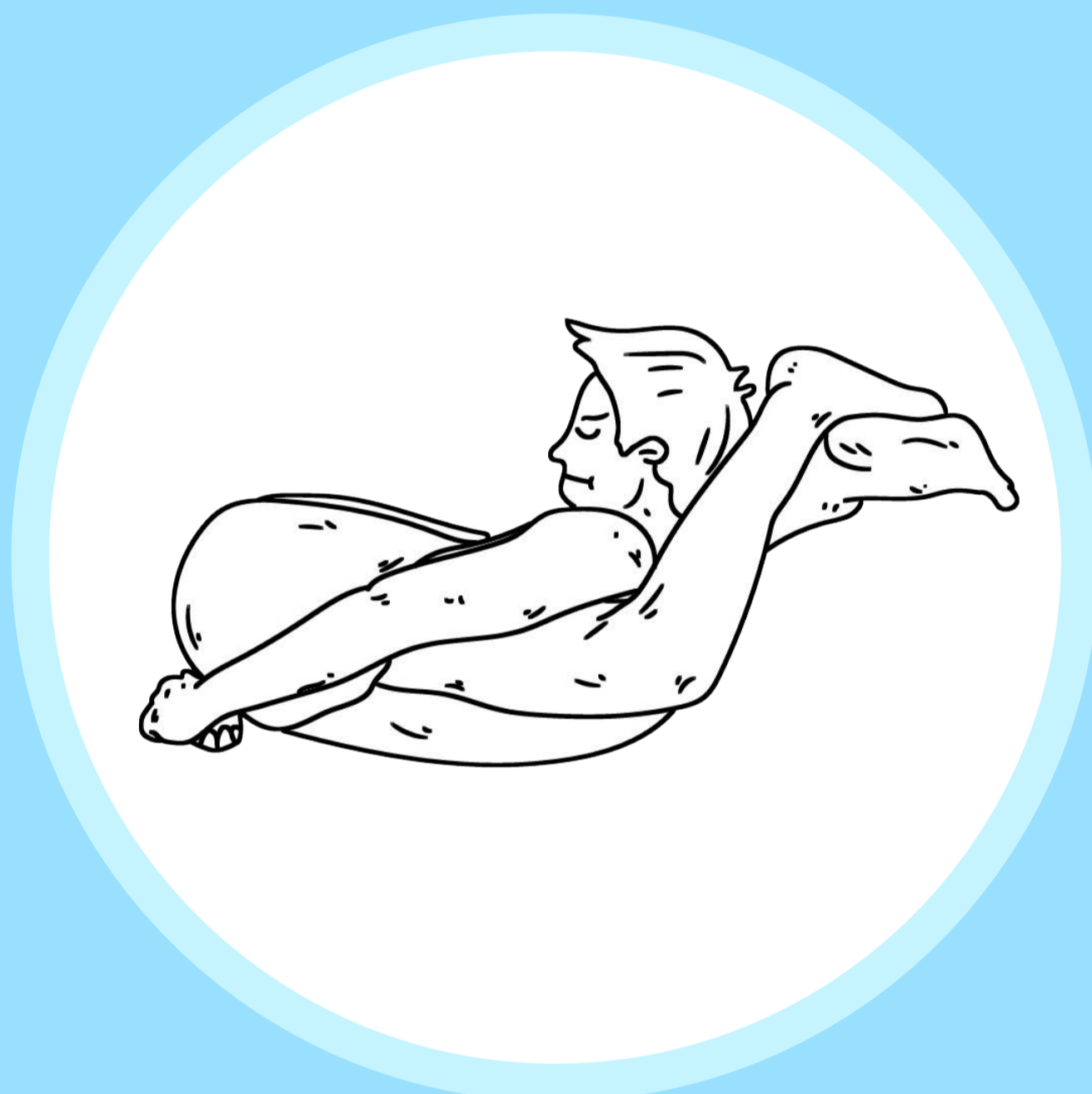
## Knees (p. 5 of 8)



**Kūrmāsana**  
(turtle)



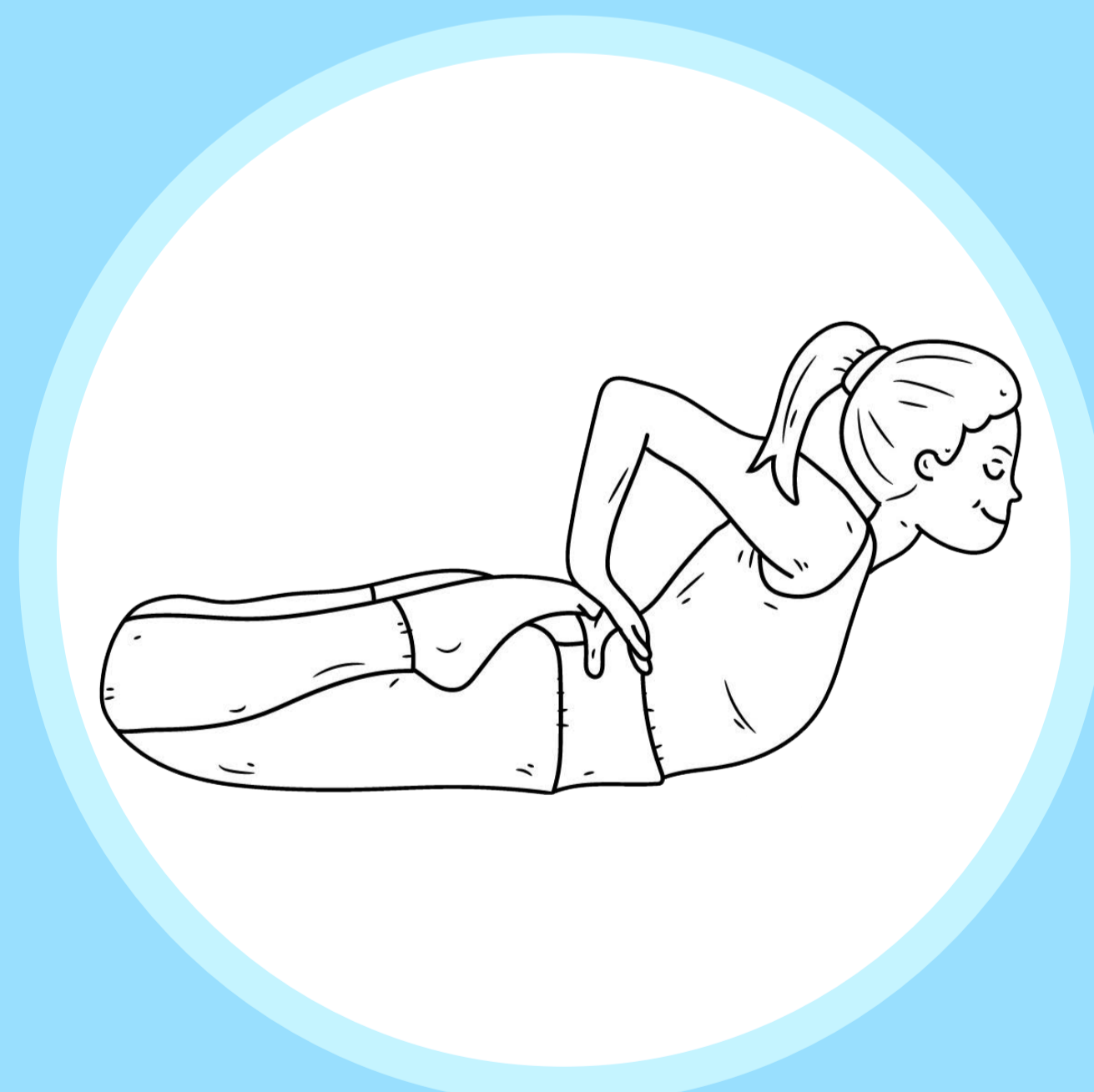
**Supta Kūrmāsana**  
(full turtle)



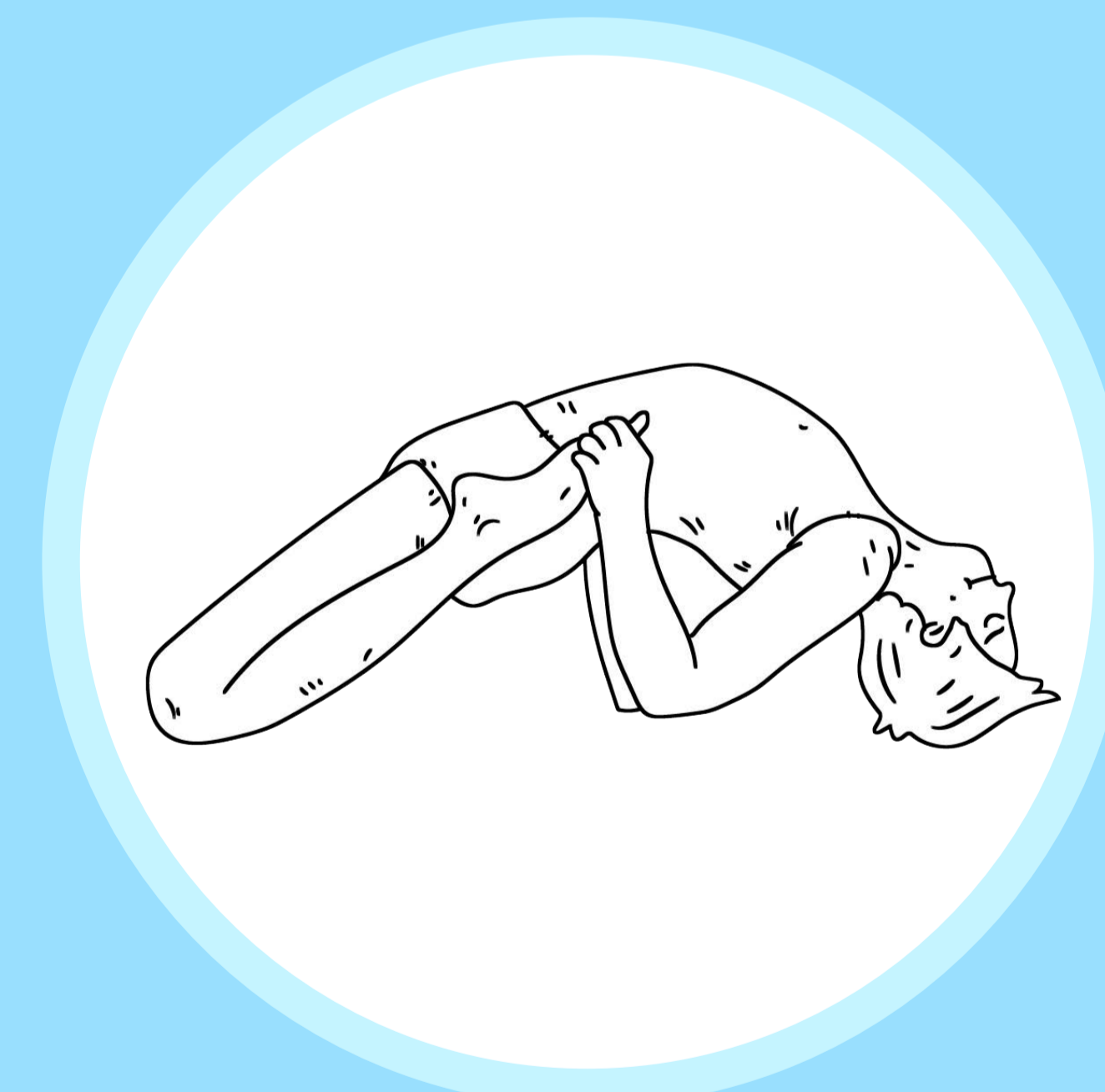
**Yoganidrasna**  
(state between sleep and wakefulness)



**Yogadaṇḍāsana**  
(yoga staff pose)



**Bhekāsana**  
(frog)



**Supta Bhekasana**  
(reclined frog)

## Knees (p. 6 of 8)



Mūlabandhāsana  
(root lock)



Vāmadevāsana I  
(sage)



Vāmadevāsana II  
(sage)



Kandāsana  
(navel)

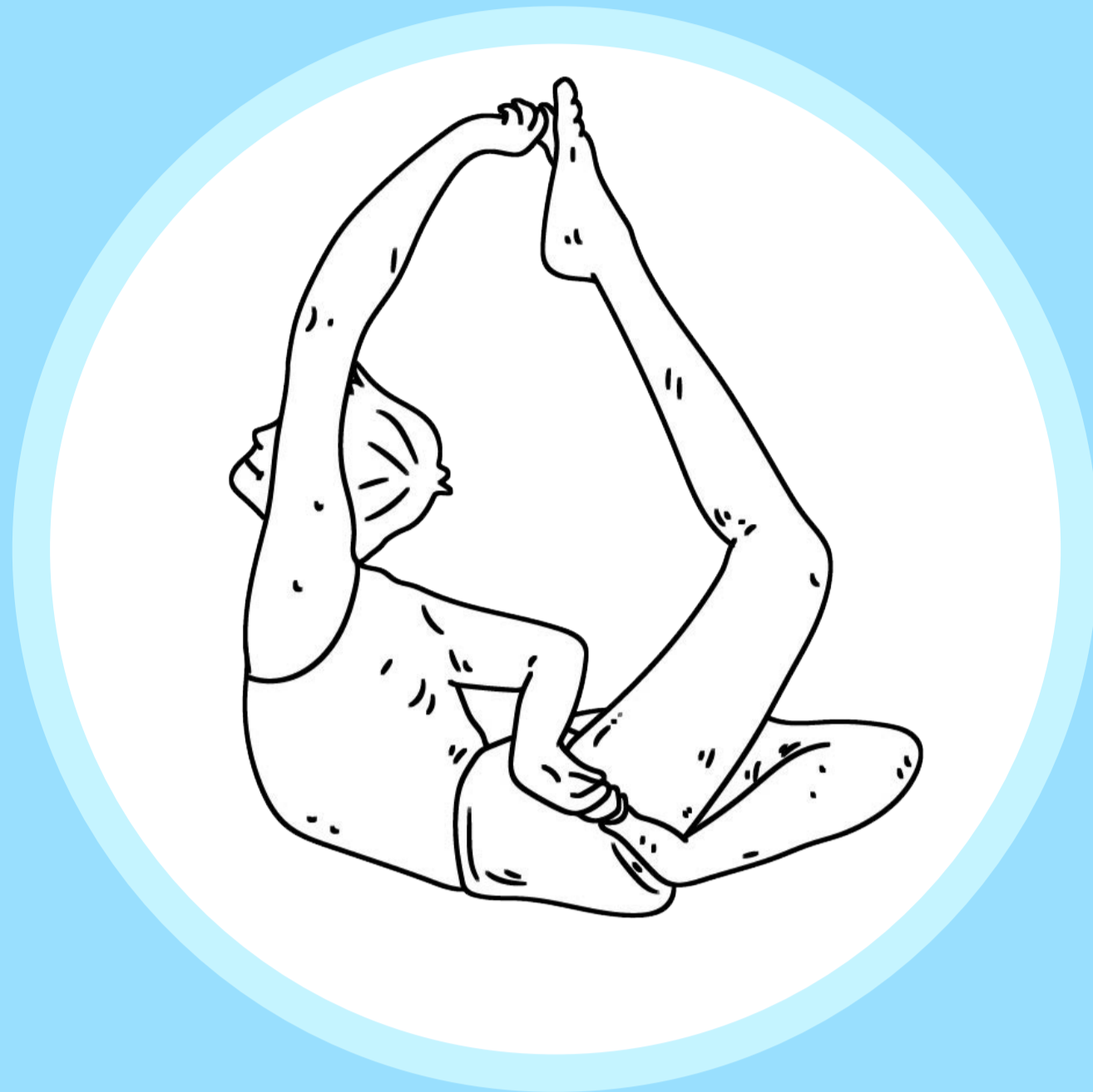


Hanumānāsana  
(splits)



Gheraṇḍāsana I  
(sage)

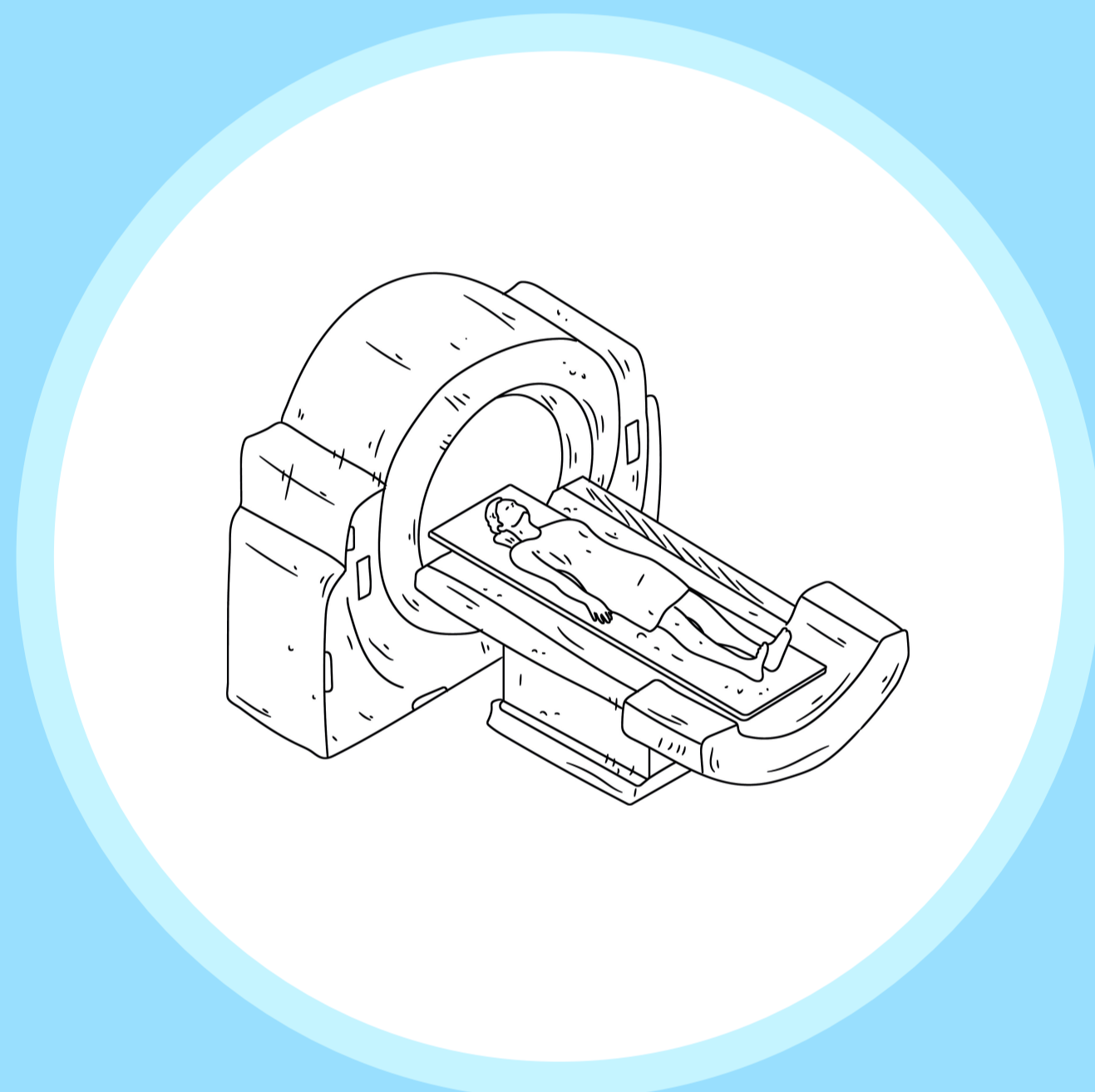
## Knees (p. 7 of 8)



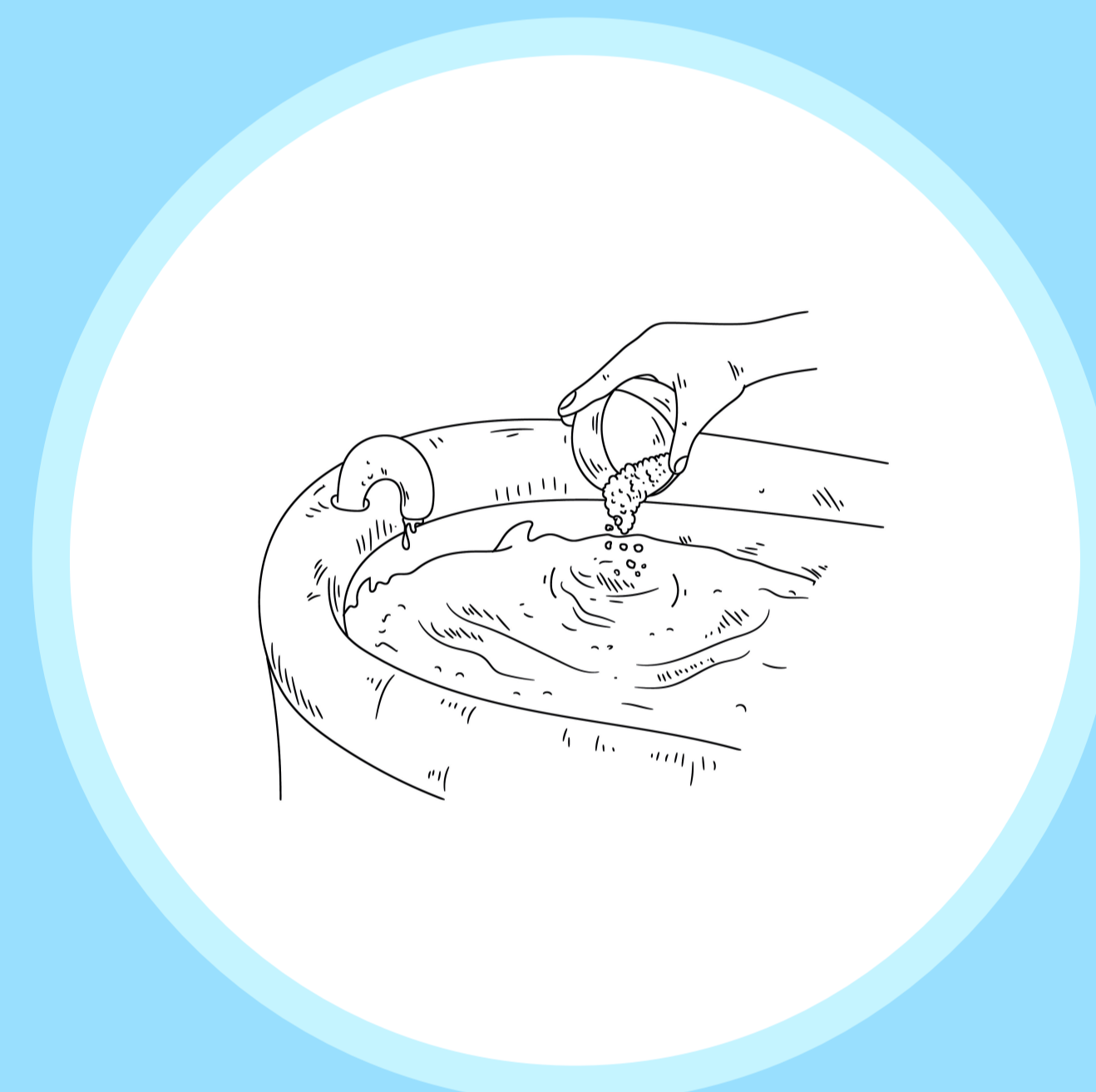
**Gheraṇḍāsana II  
(sage II)**



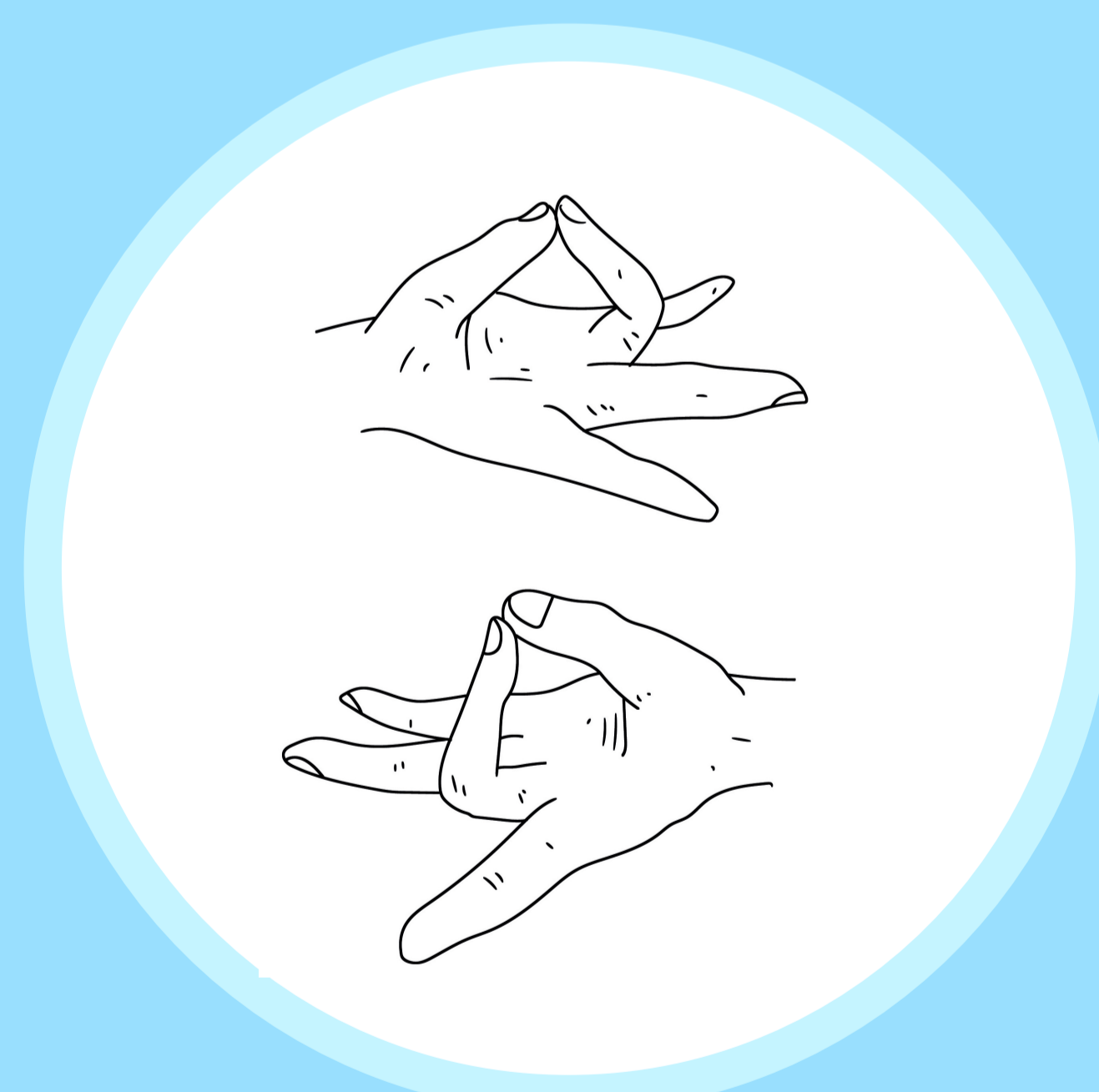
**Find a Great PT**



**Get an MRI**



**Epsom Salt Bath**

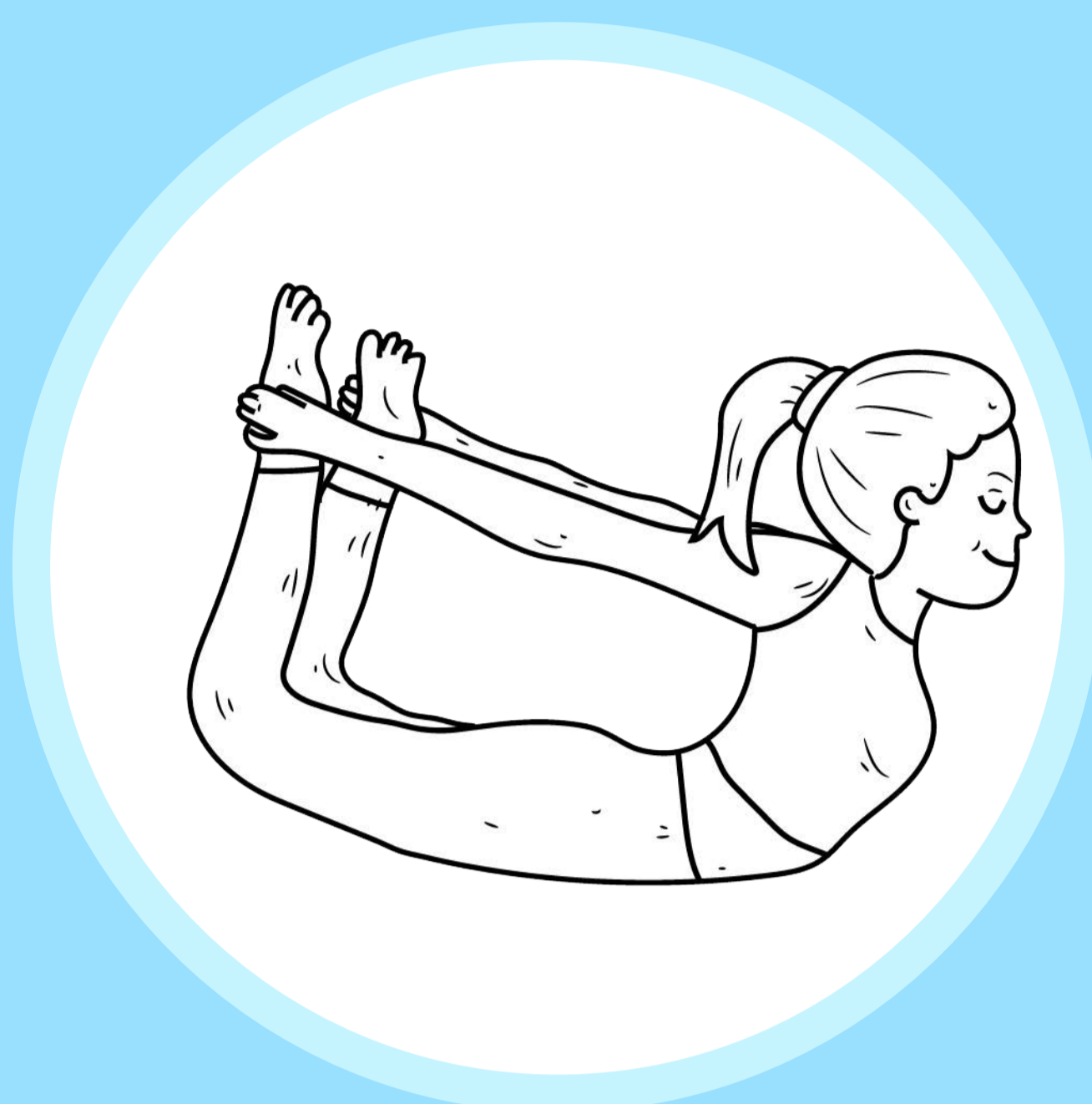


**Joint Mudra**



**Olive Oil  
(massaged into body)**

## Knees (p. 8 of 8)



Dhanurasana  
(bow)