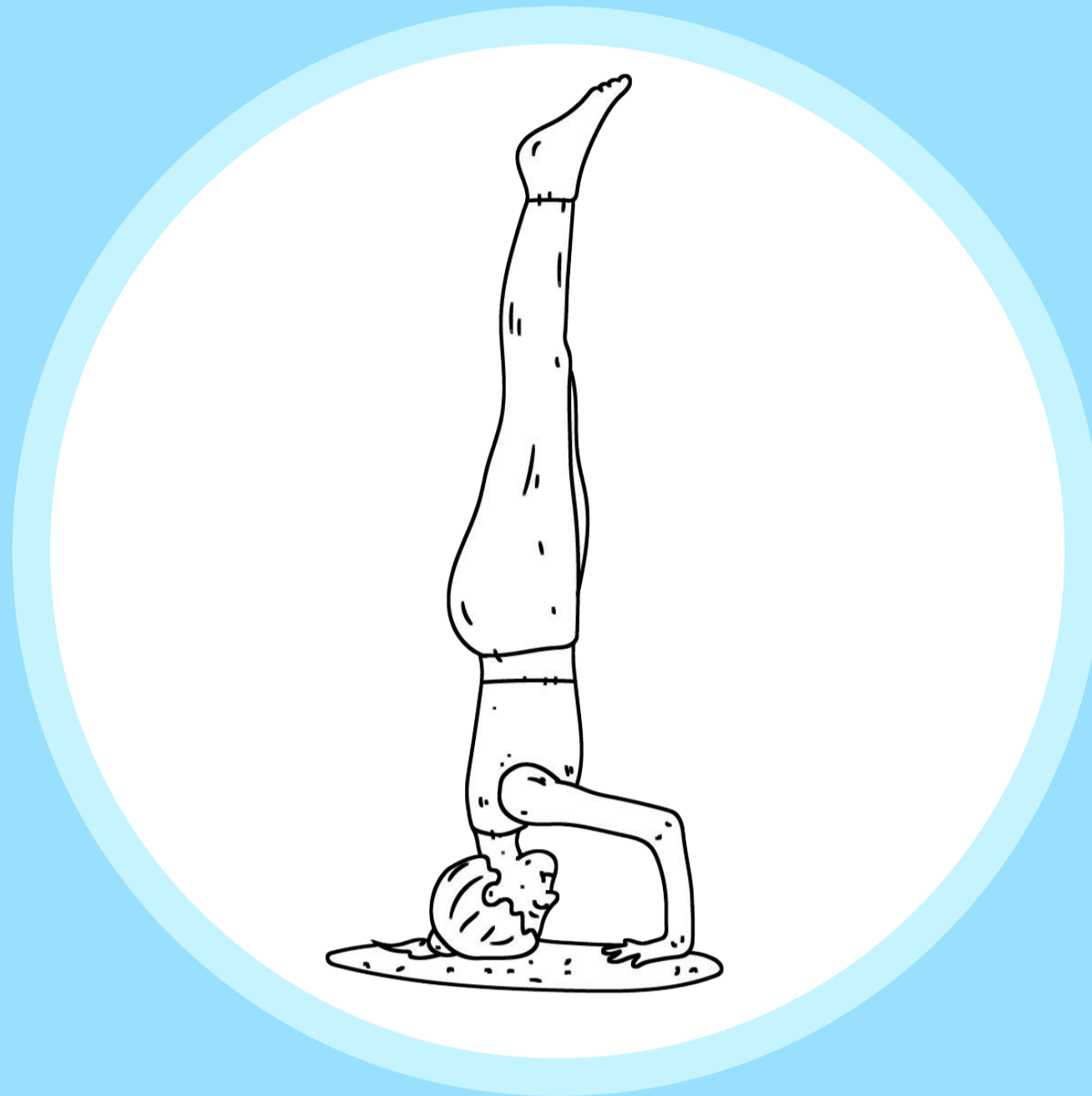
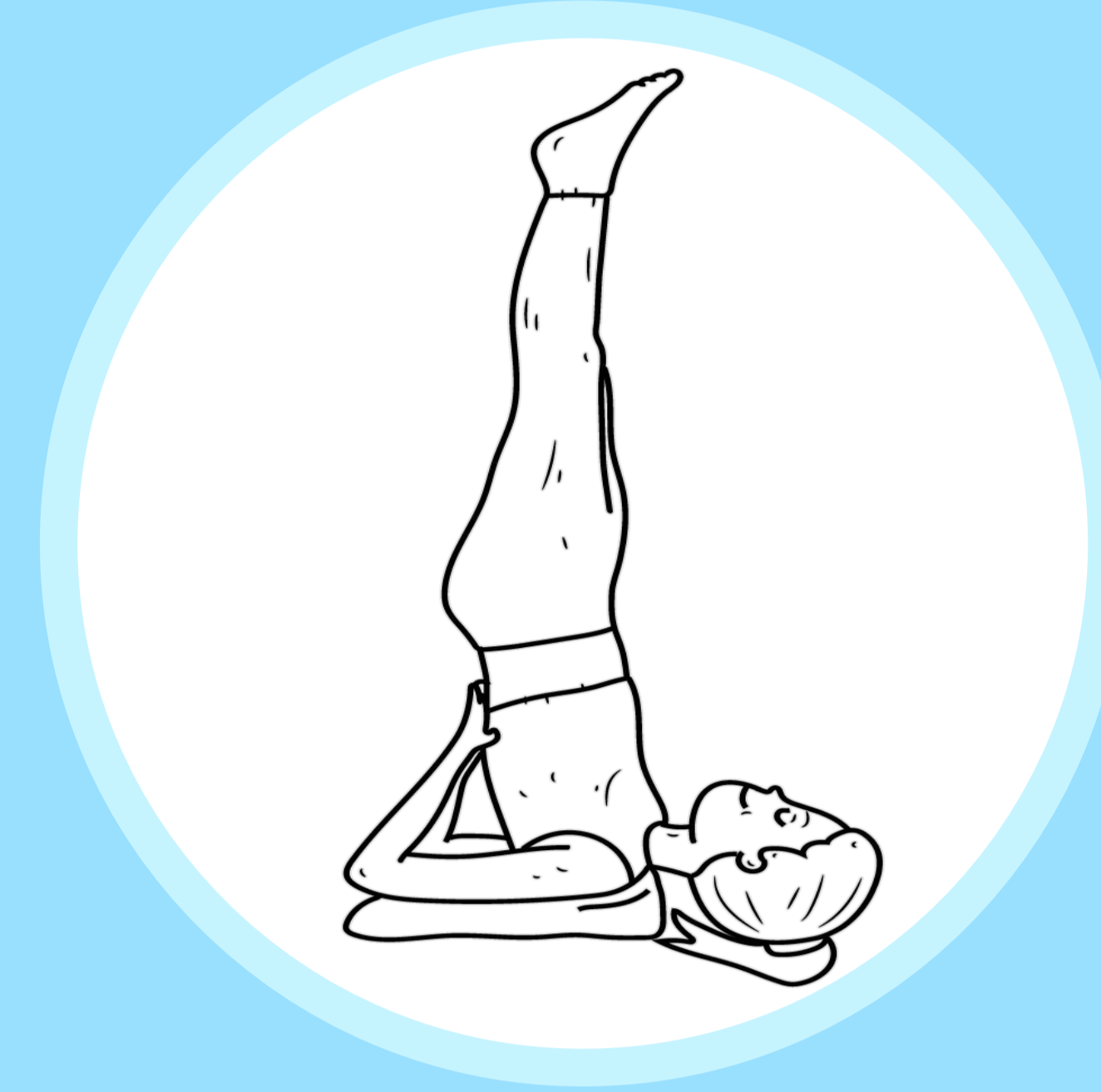


## Gout (p. 1 of 5)



**Sirsasana**  
(head stand)



**Sarvāngāsana**  
(shoulder stand)



**Any Standing Posture**



**Padmāsana**  
(lotus)



**Vīrāsana**  
(hero)



**Supta Virasana**  
(reclining horse)

## Gout (p. 2 of 5)



**Paryankāsana**  
(bed)



**Parighāsana**  
(gate)



**Garuḍāsana**  
(eagle)



**Gomukhāsana**  
(cow face)



**Uttānāsana**  
(forward fold)



**Paschimottānāsana**  
(staff)

## Gout (p. 3 of 5)



Ubhaya Pādānguṣṭhāsana  
(upward staff)



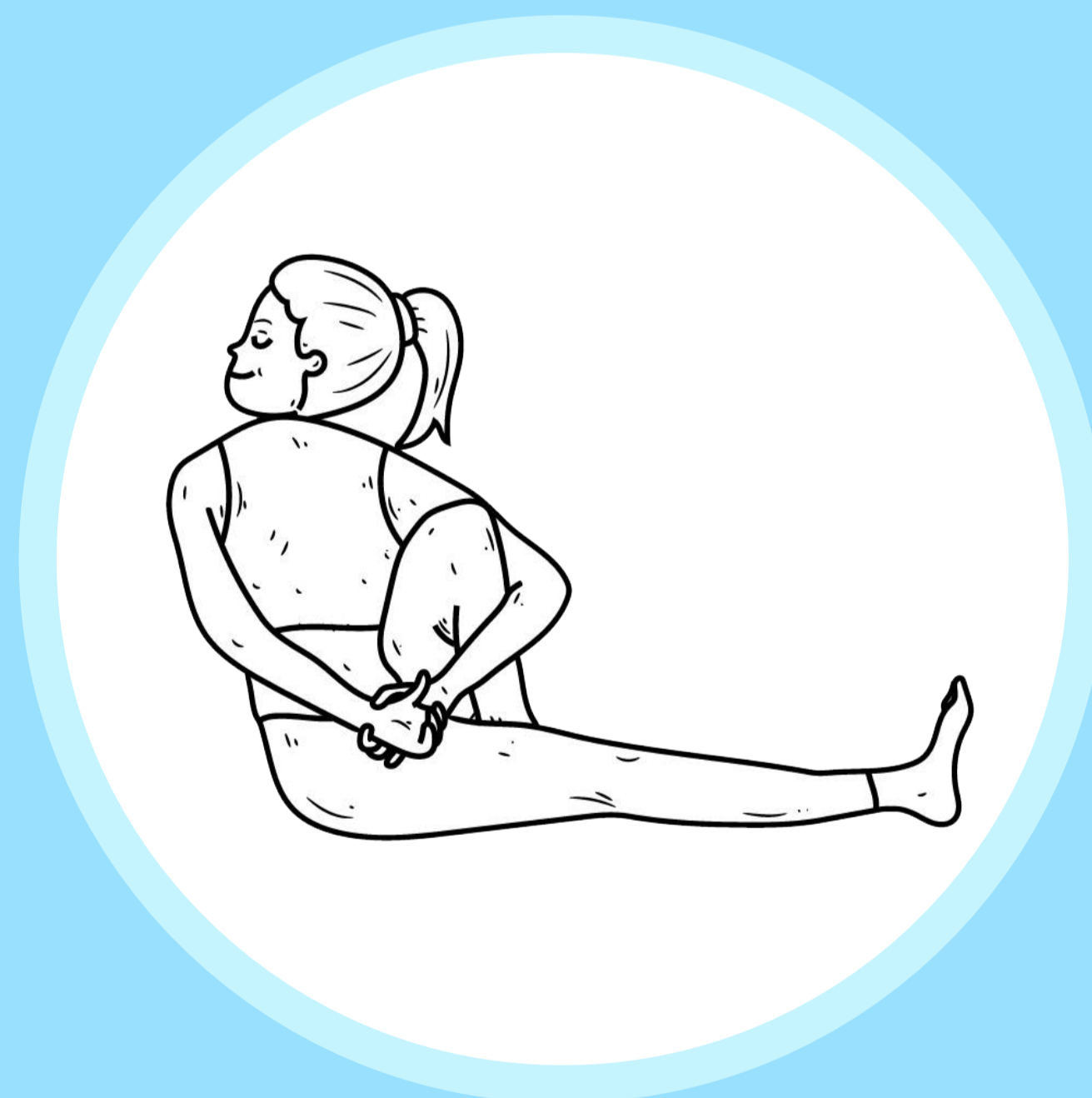
Ākarṇa Dhanurāsana  
(archer's pose)



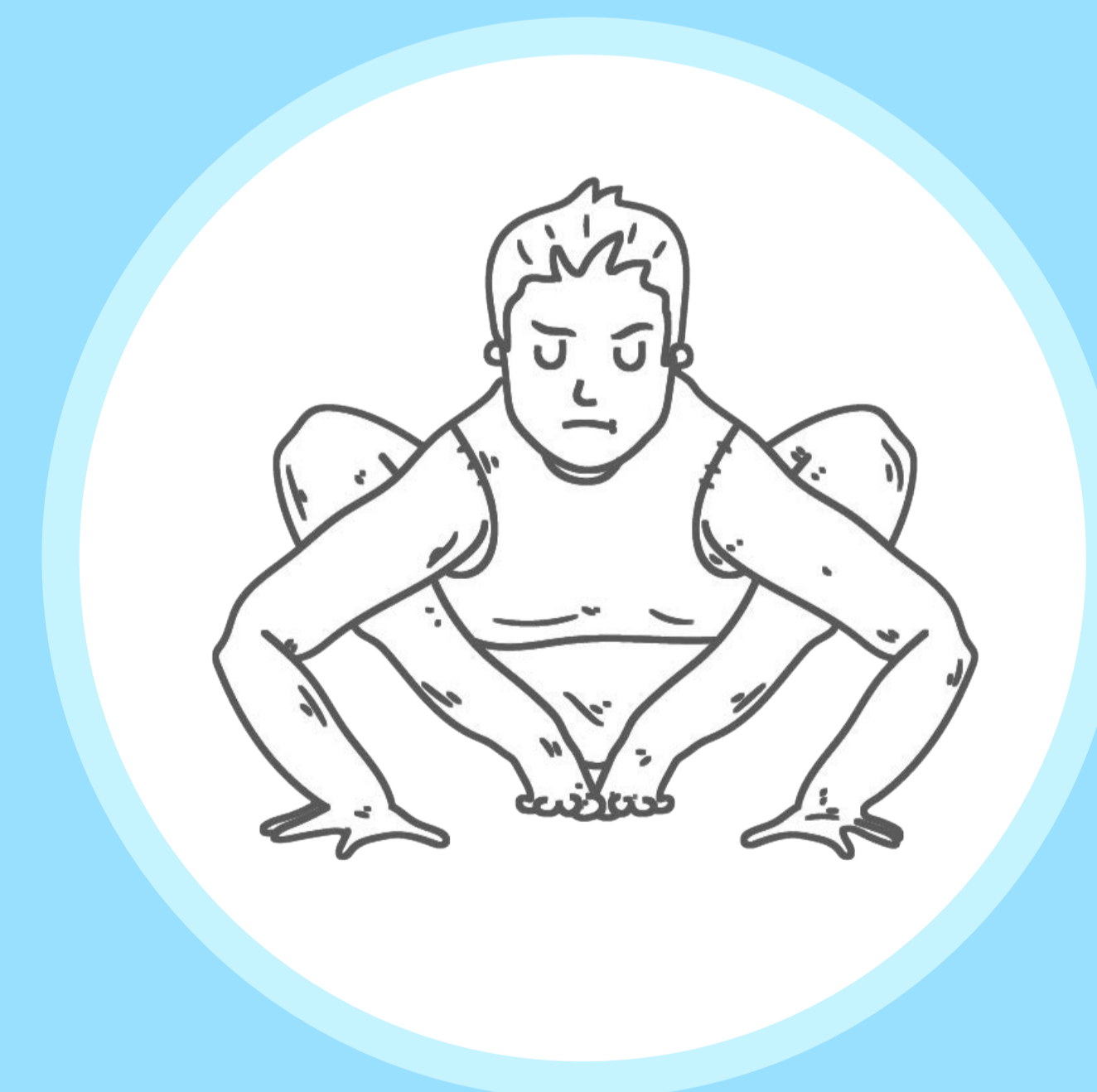
Krouncḥāsana  
(heron)



Ardha Marīchyāsana I  
(bound forward fold)



Ardha Marīchyāsana III  
(bound twist)



Mālāsana  
(garland) I

## Gout (p. 4 of 5)



**Mālāsana**  
(garland) II



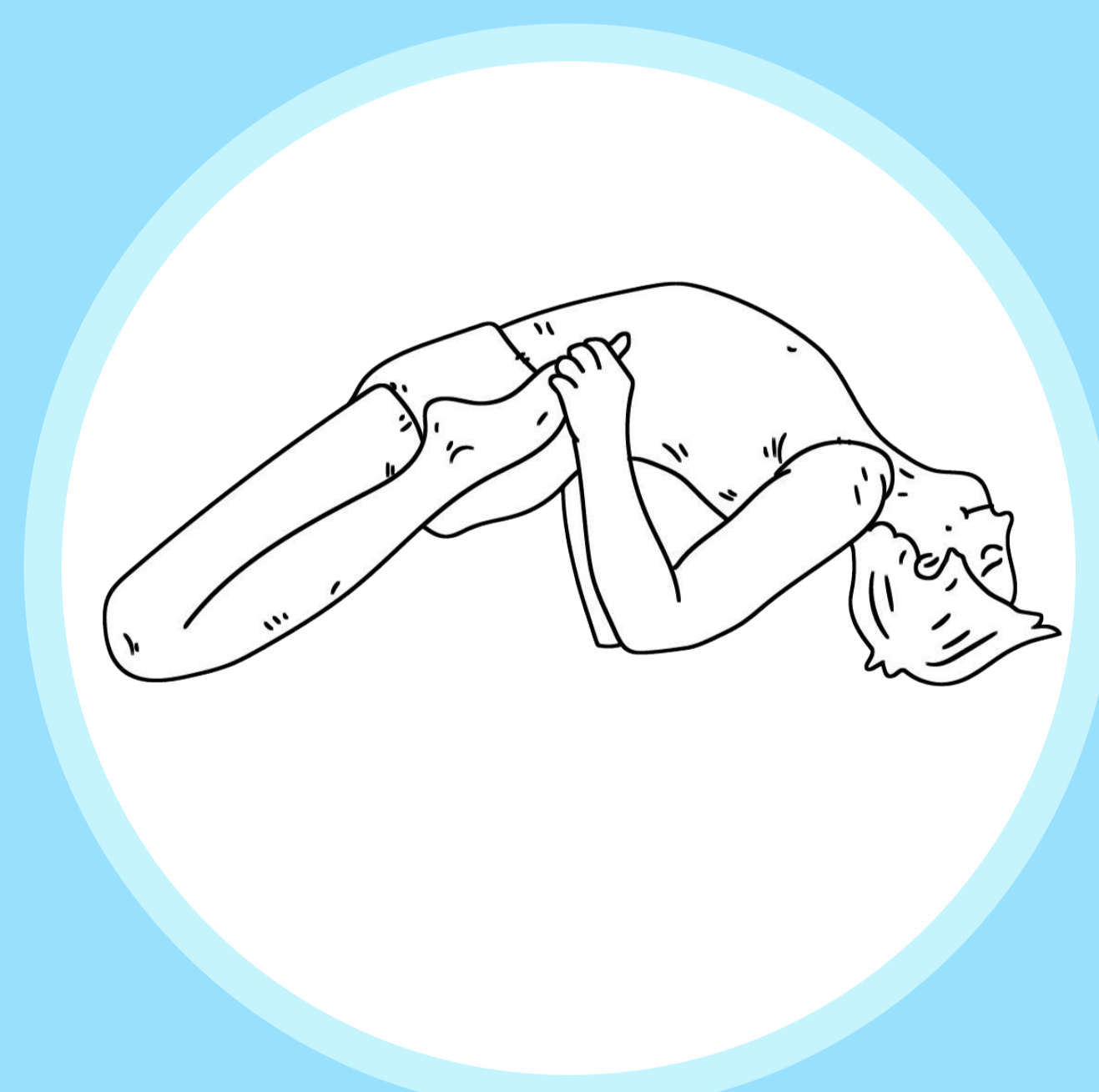
**Pāśāsana**  
(cord)



**Yogadaṇḍāsana**  
(yoga staff pose)



**Bhekāsana**  
(frog)



**Supta Bhekasana**  
(reclined frog)



**Mūlabandhāsana**  
(root lock)

## Gout (p. 5 of 5)



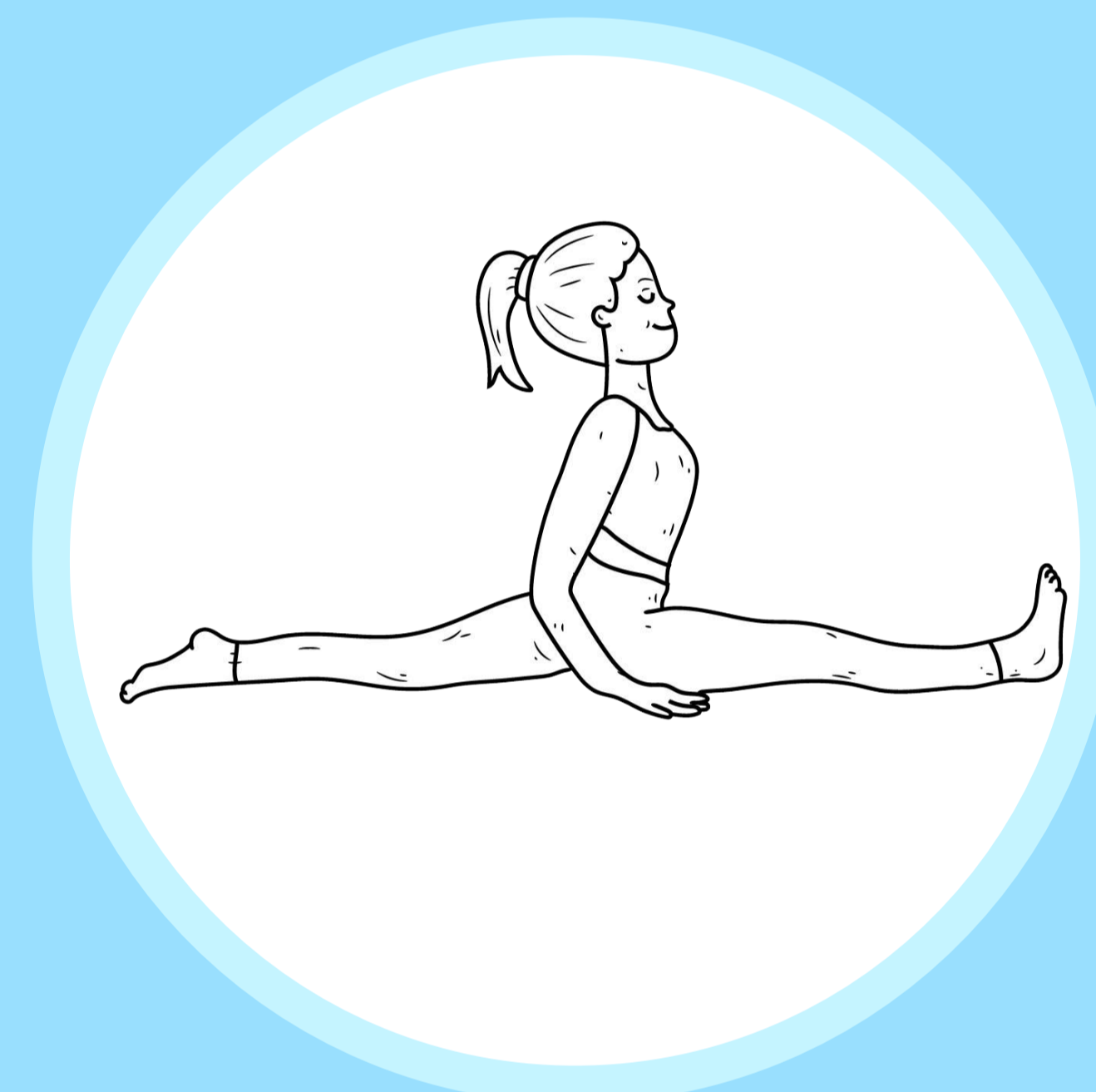
Vāmadevāsana I  
(sage)



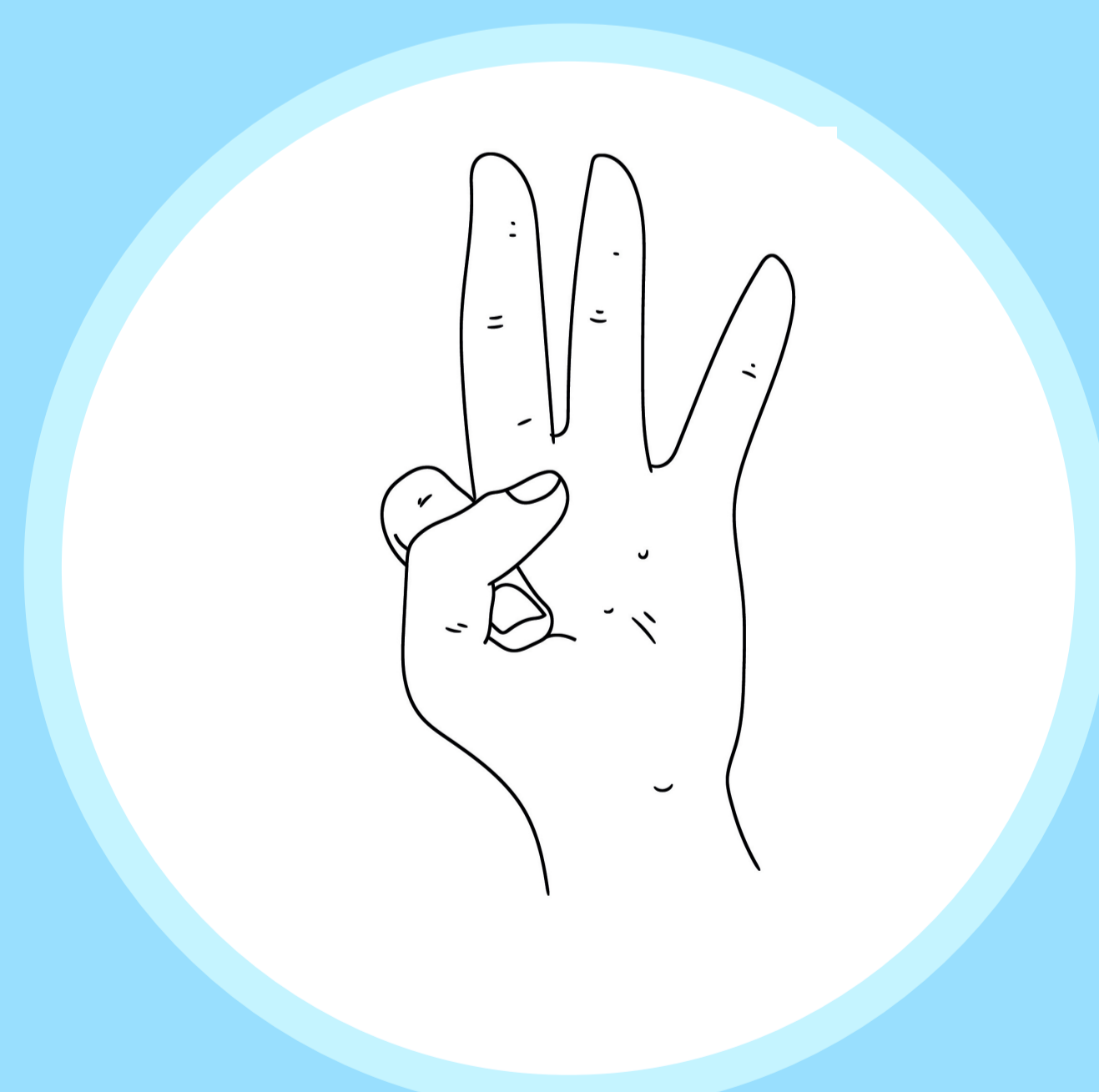
Vāmadevāsana II  
(sage)



Kandāsana  
(navel)



Hanumānāsana  
(splits)



Vayu Mudra