

## Knees (p. 1 of 8)



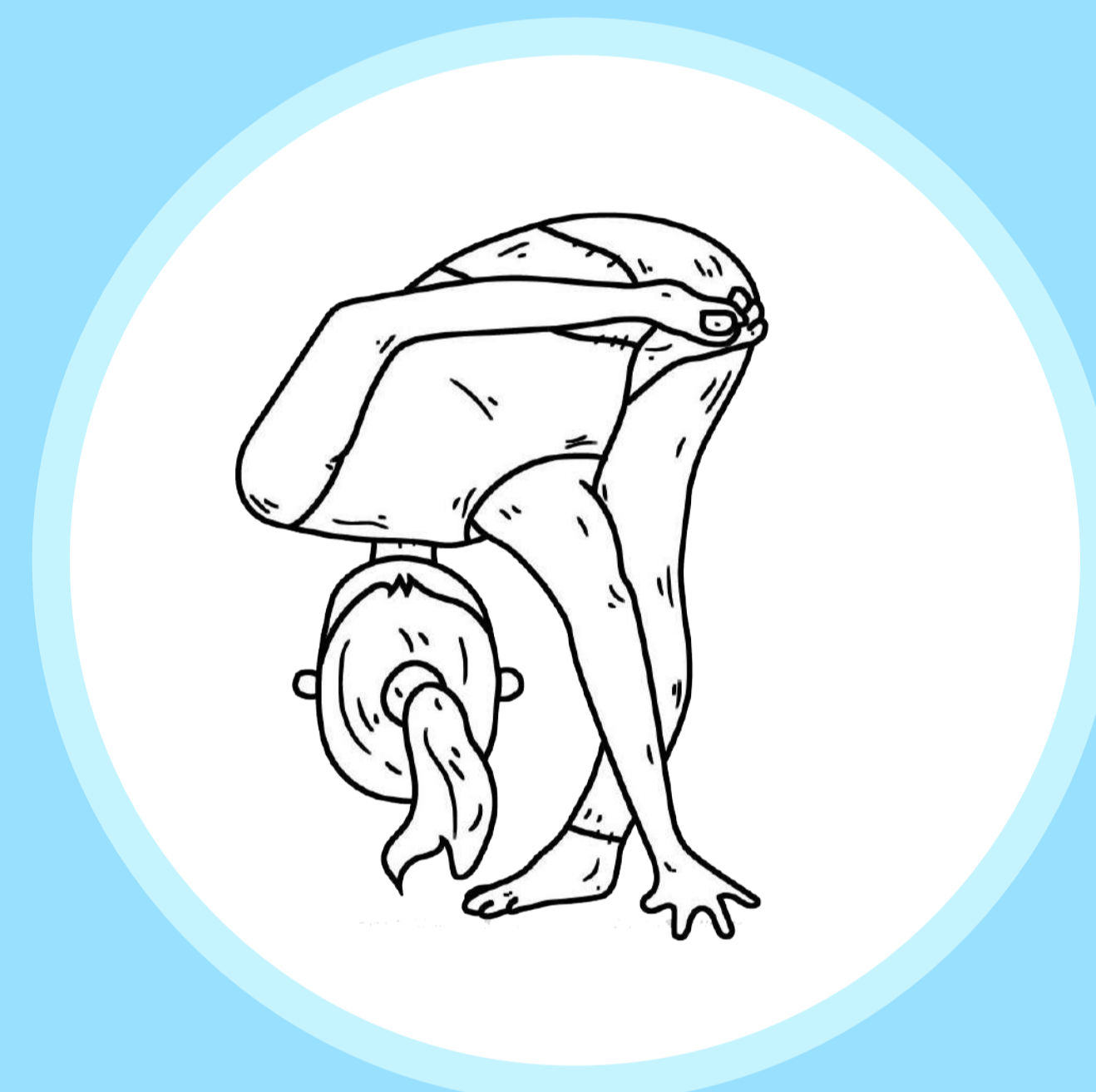
Any Standing Posture



Jānu-Śīrṣāsana  
(head to knee)



Paṛivṛtta Jānu-Śīrṣāsana  
(revolved head to knee)



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



Triang Mukhaikapada  
Paschimottāsana  
(three limbs west stretch)



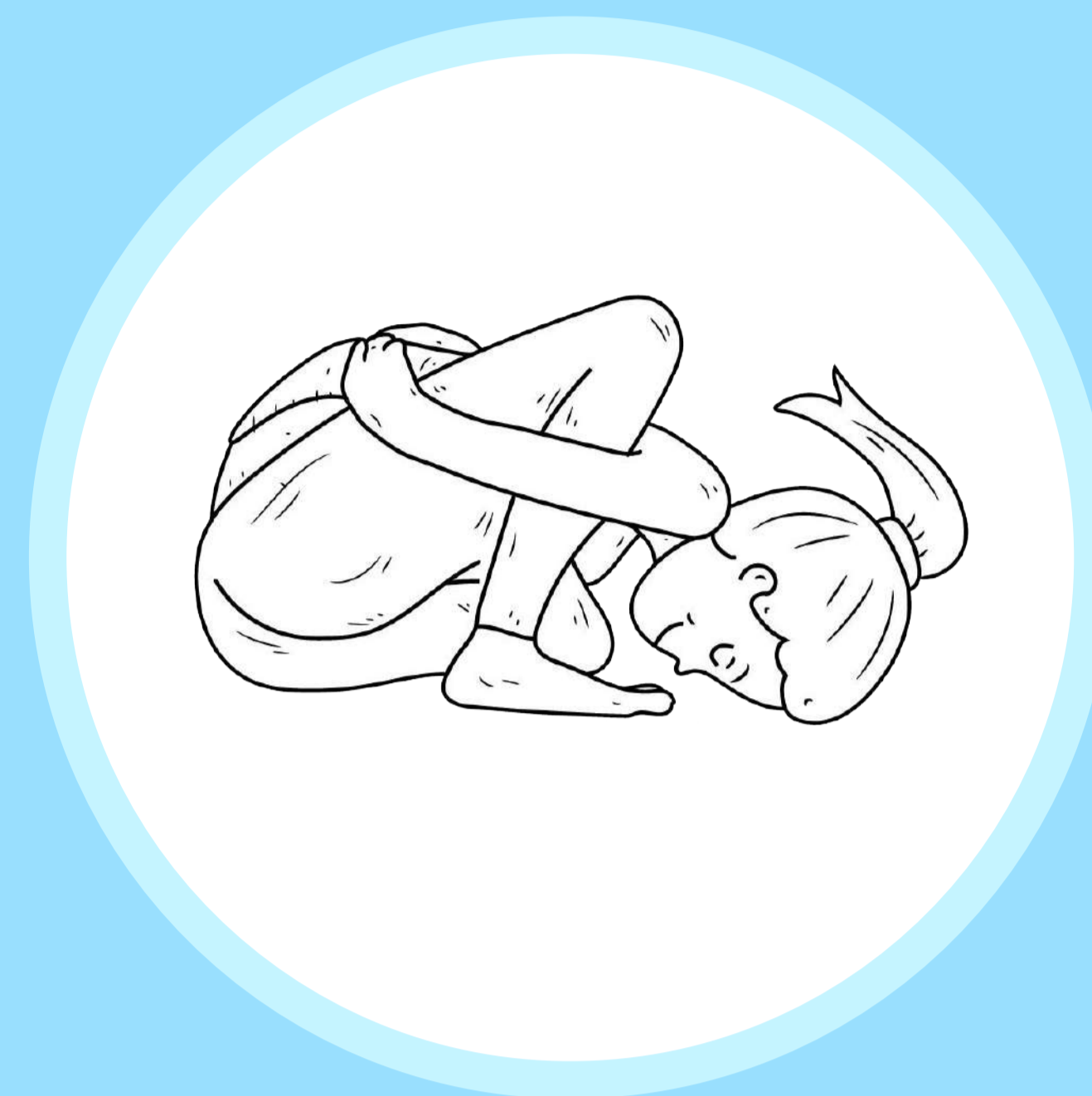
Krounchāsana  
(heron)



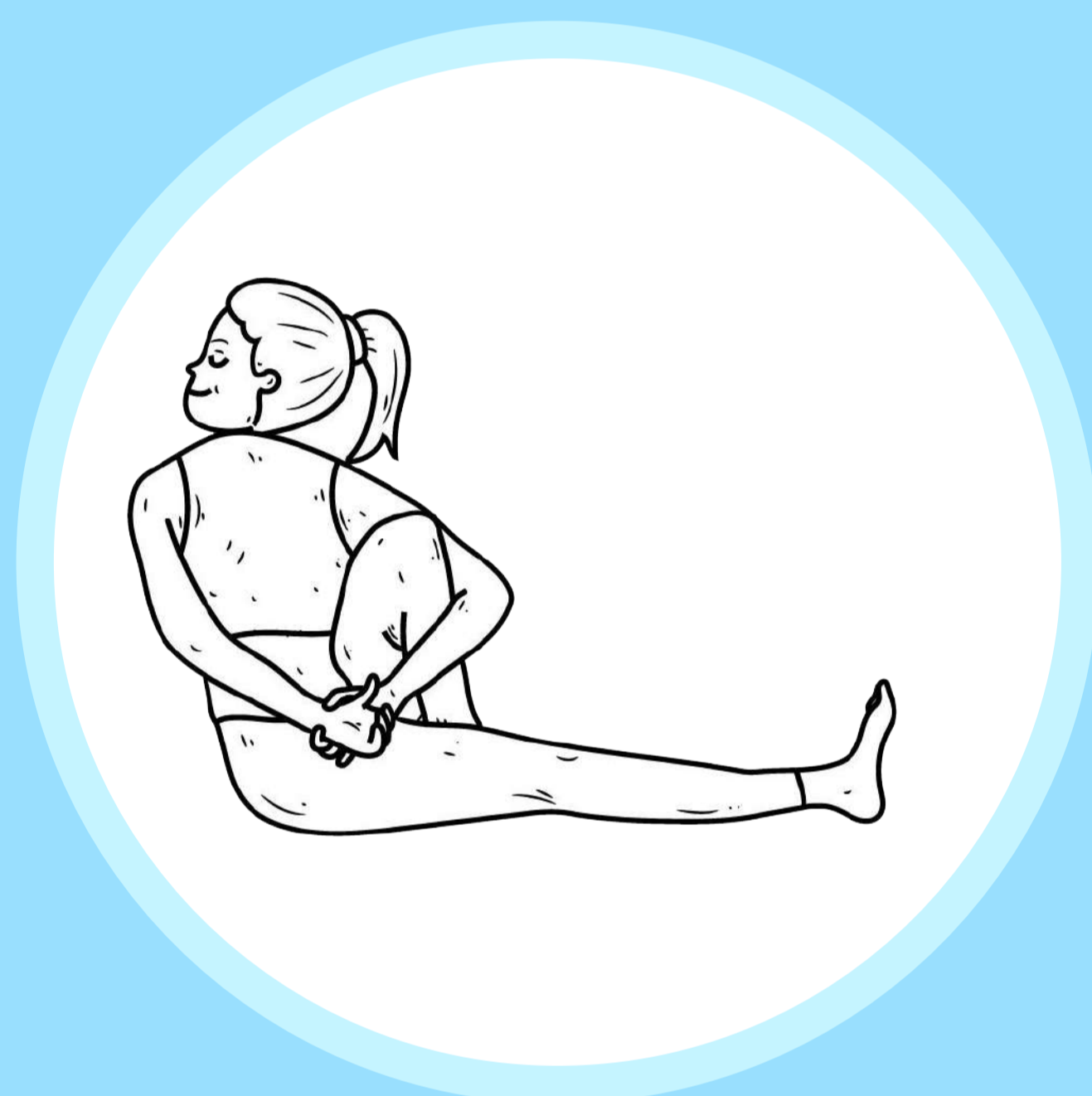
## Knees (p. 2 of 8)



**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)



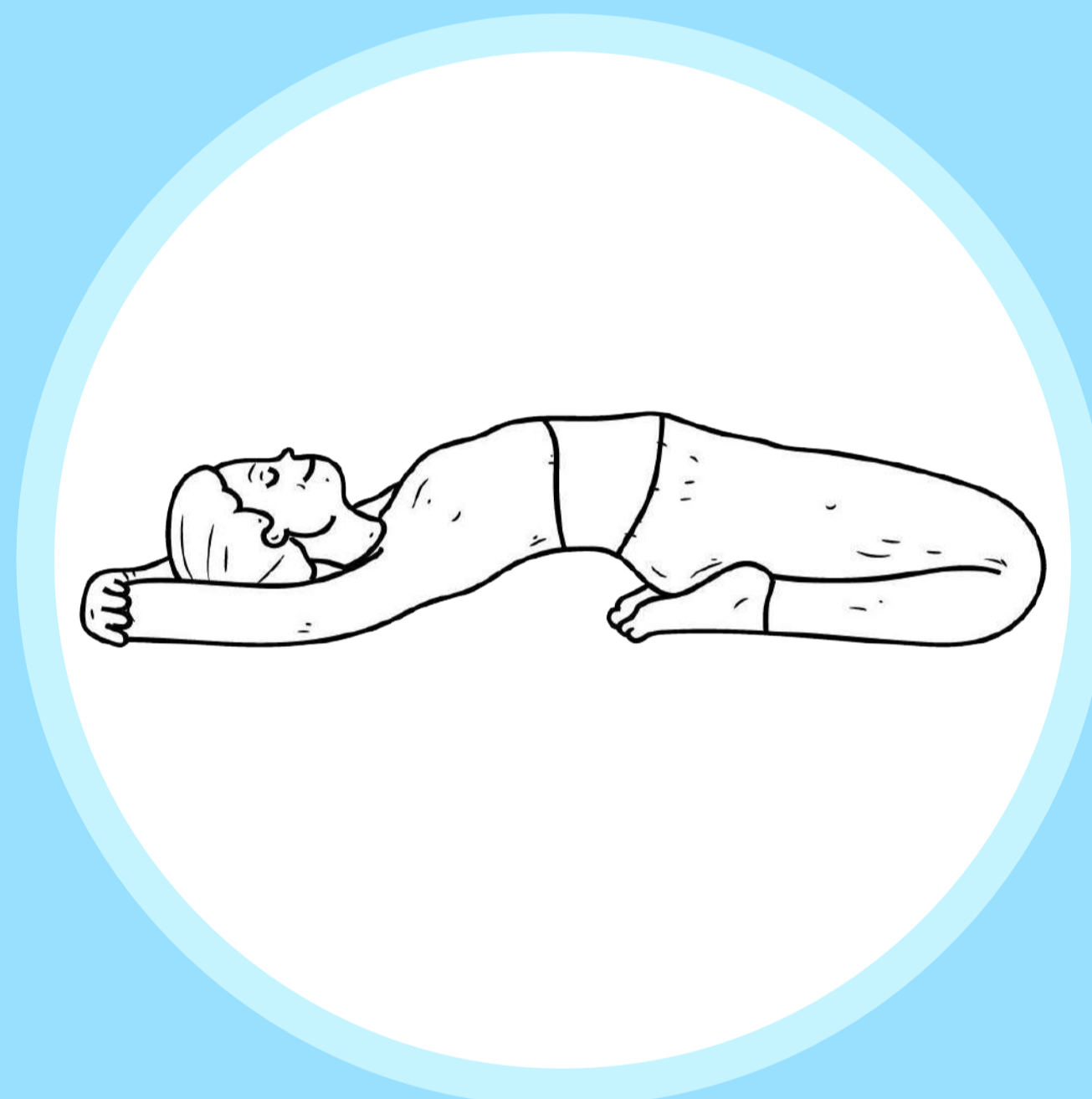
## Knees (p. 3 of 8)



**Vīrāsana**  
(hero)



**Supta Vīrāsana**  
(reclined hero)



**Paryankāsana**  
(bed)



**Gomukhāsana**  
(cow face)



**Siddhāsana**  
(perfect pose)



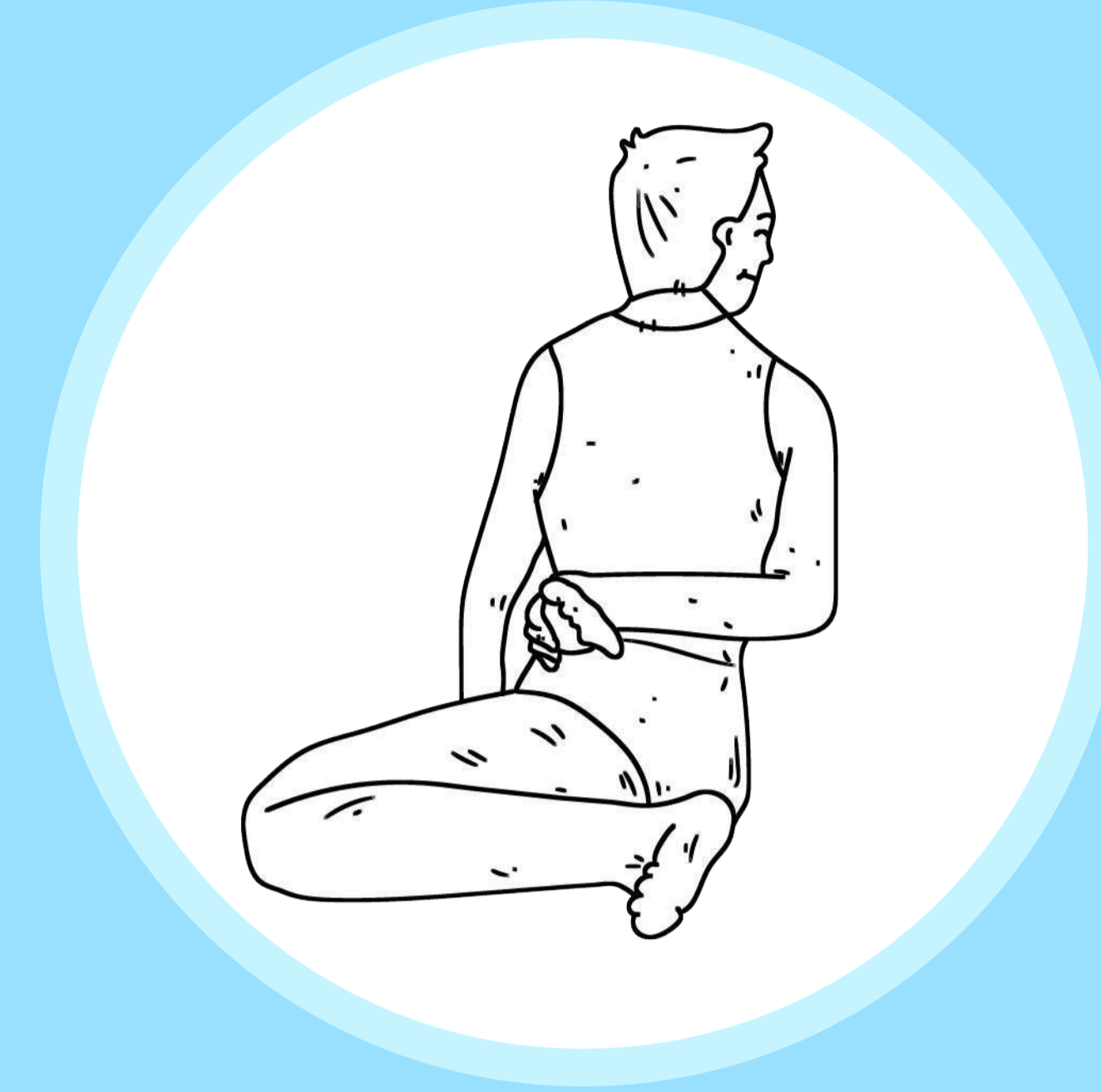
**Baddha Konāsana**  
(bound angle)



## Knees (p. 4 of 8)



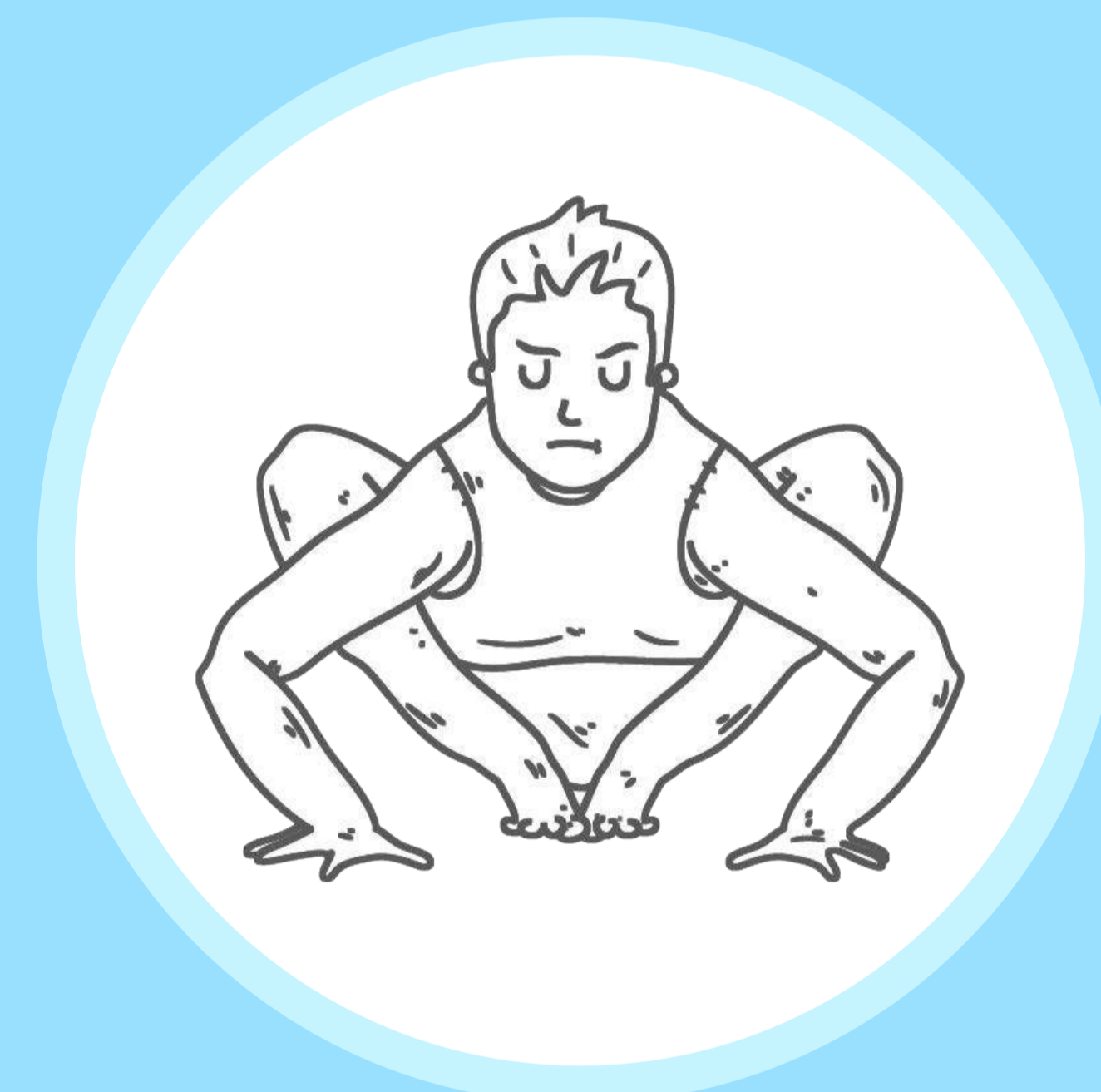
**Bharadwājāsana I**  
(father of Drona)



**Bharadwājāsana II**  
(father of drona)



**Pārśvakoṇāsana**  
(extended side angle)



**Mālāsana**  
(garland) I



**Mālāsana**  
(garland) II



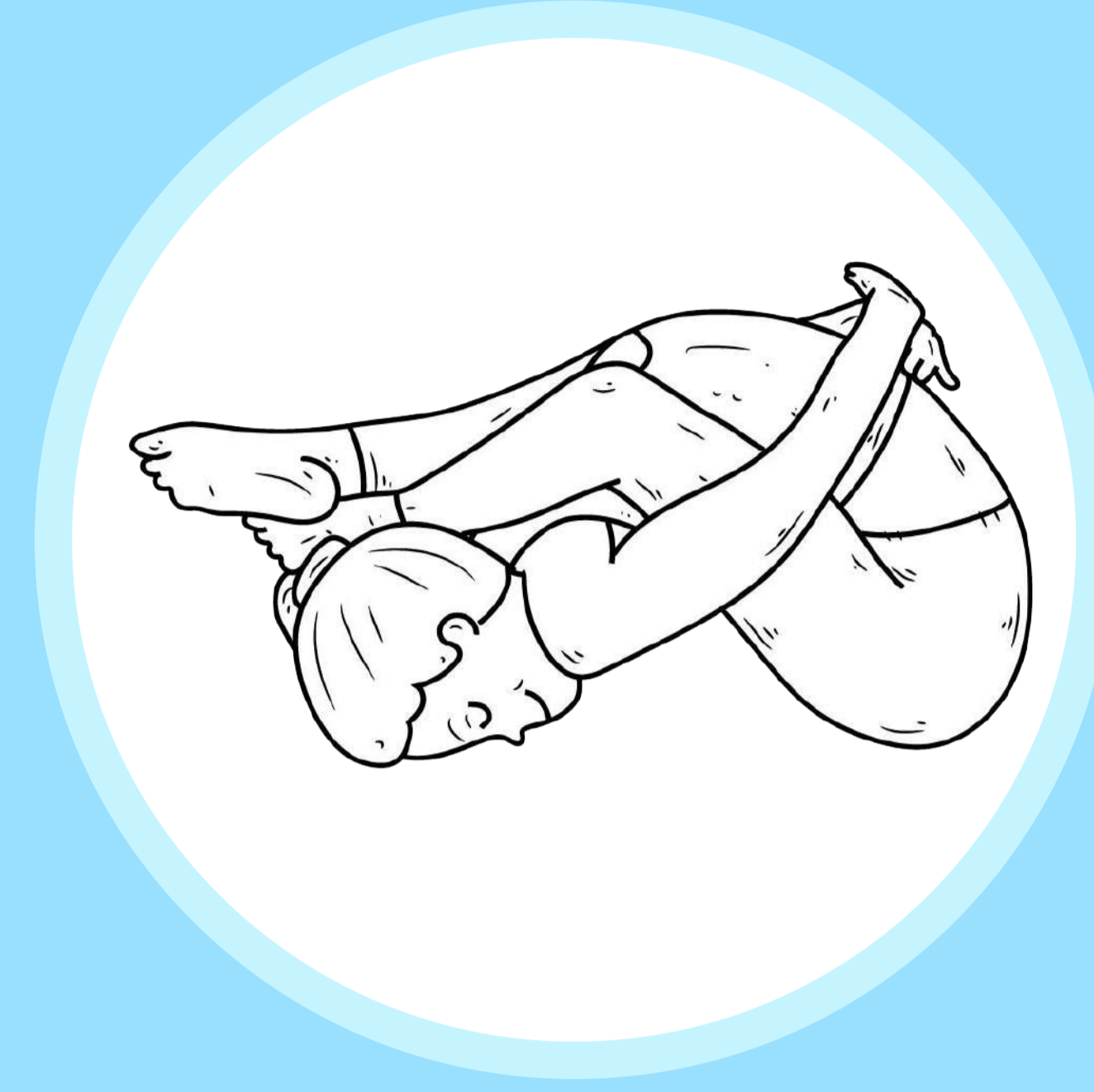
**Pāśāsana**  
(cord)



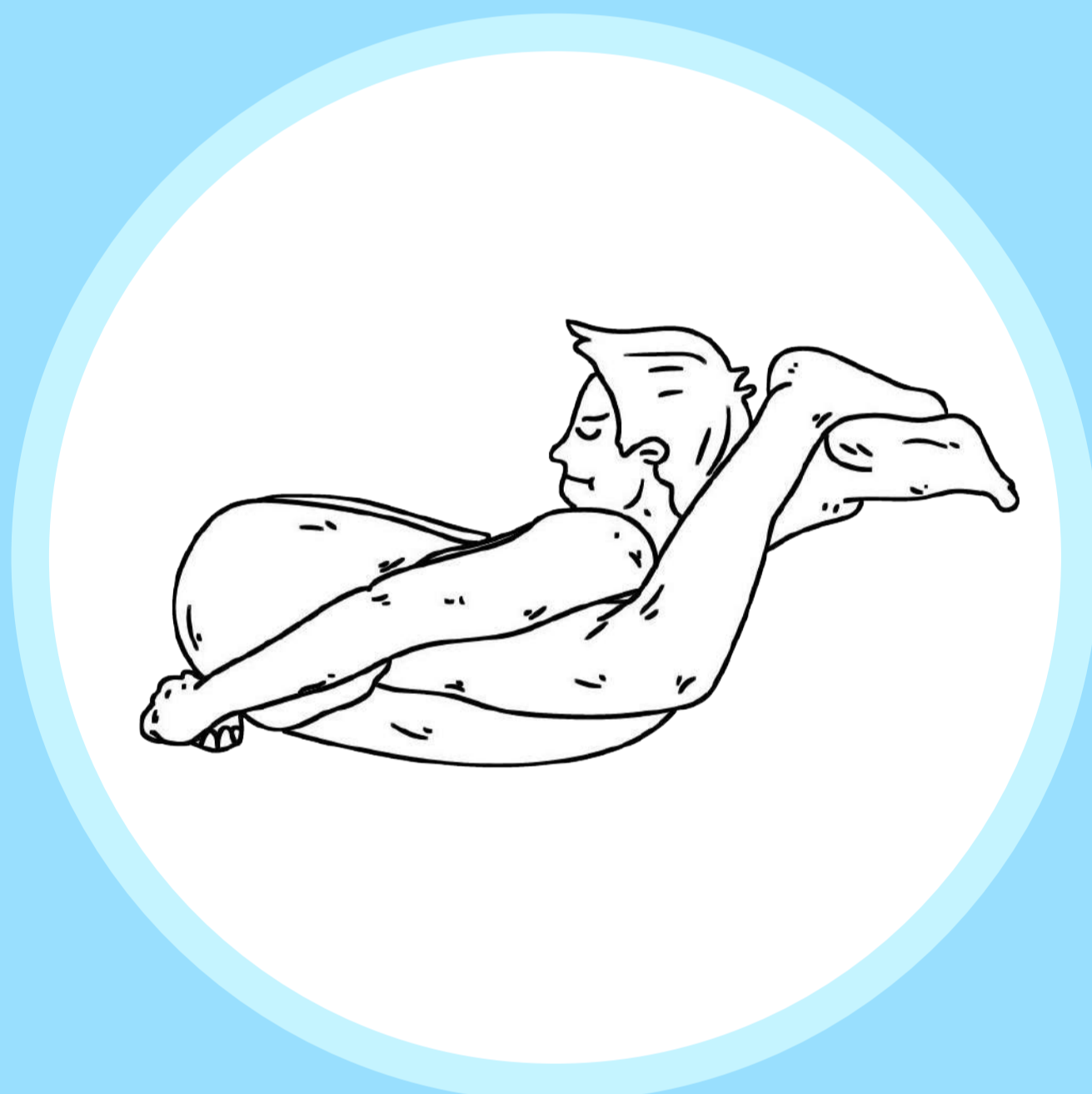
## Knees (p. 5 of 8)



**Kūrmāsana**  
(turtle)



**Supta Kūrmāsana**  
(full turtle)



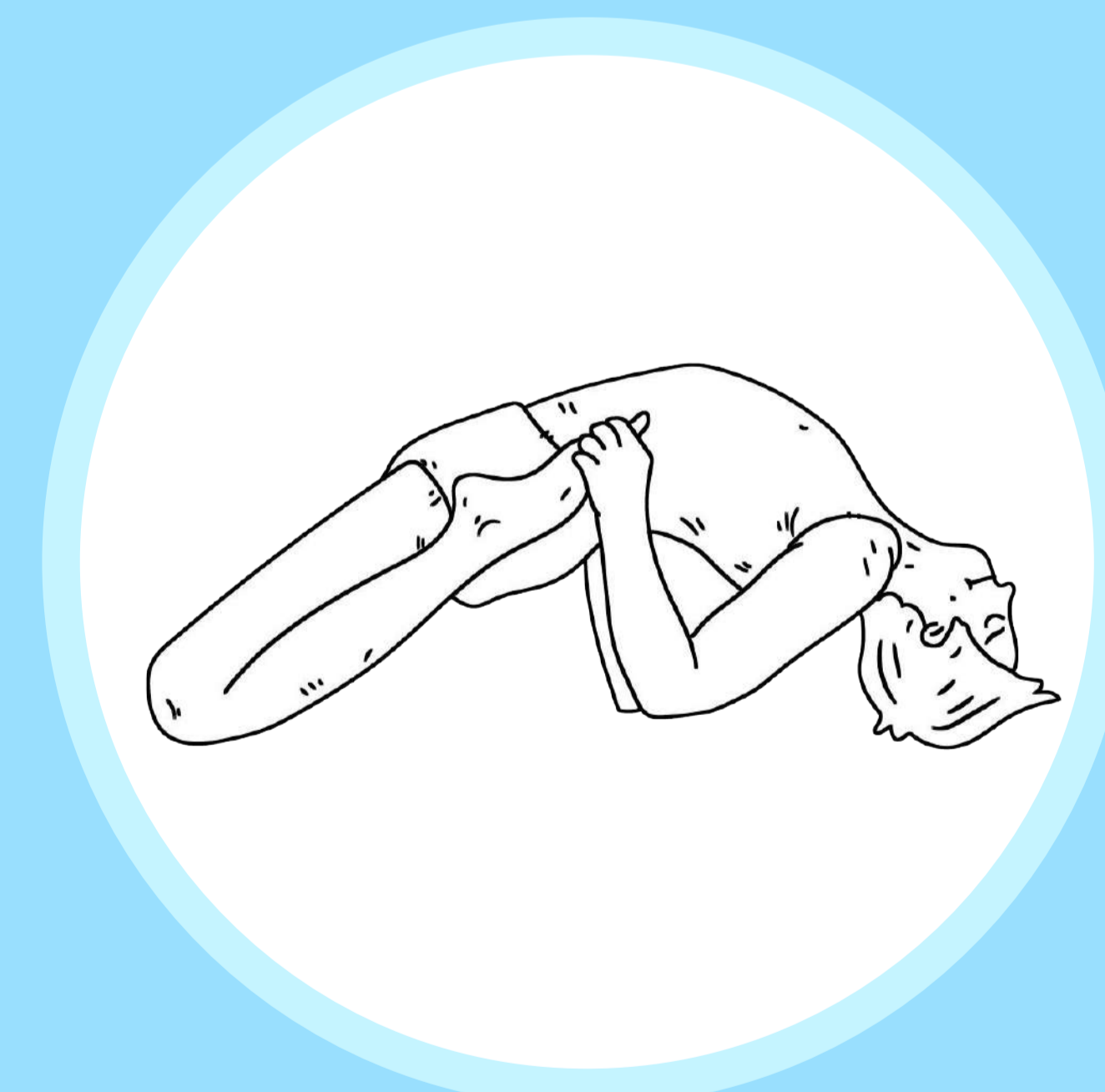
**Yoganidrasna**  
(state between sleep and wakefulness)



**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)



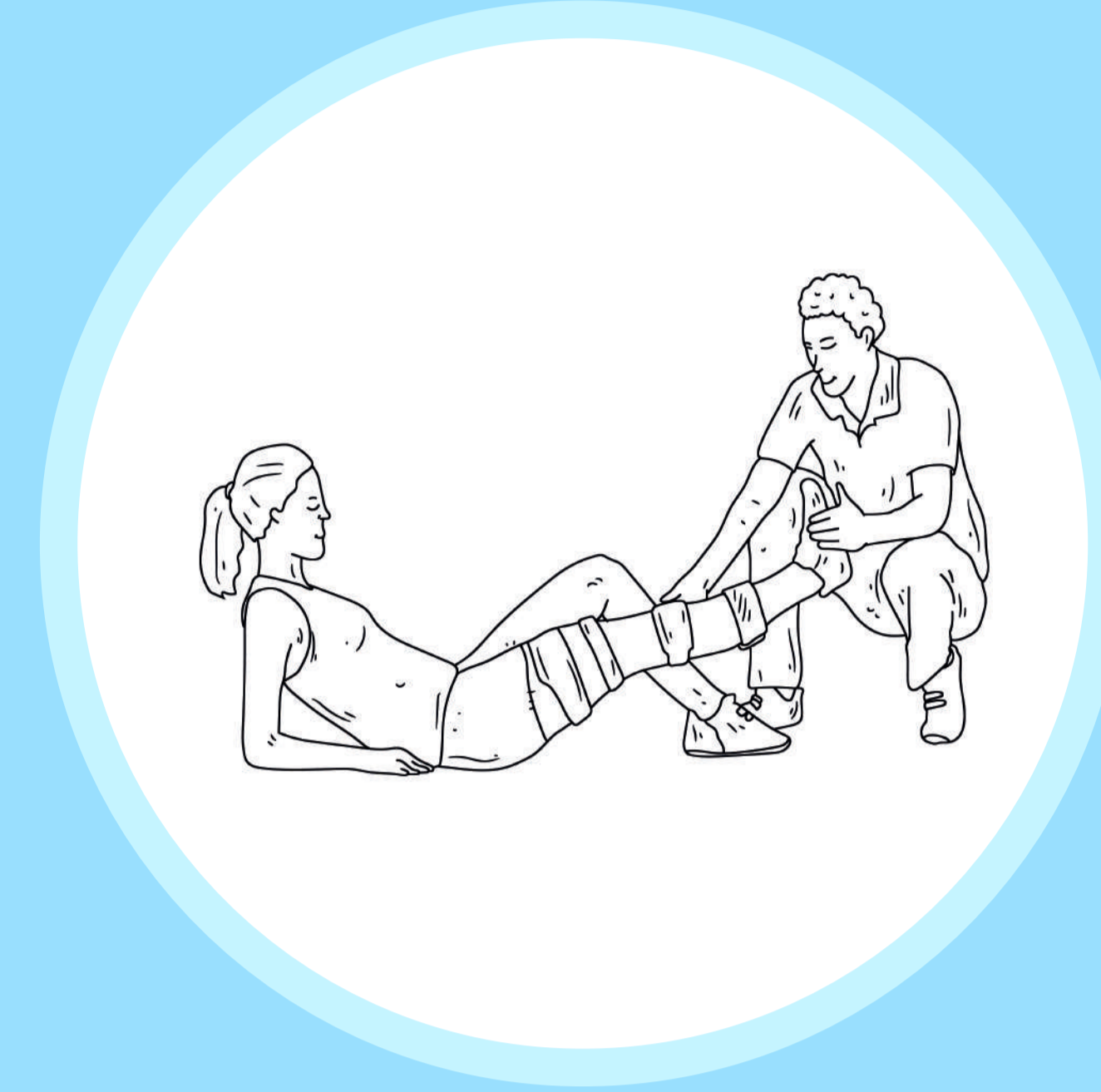
**Gheraṇḍāsana I**  
(sage)



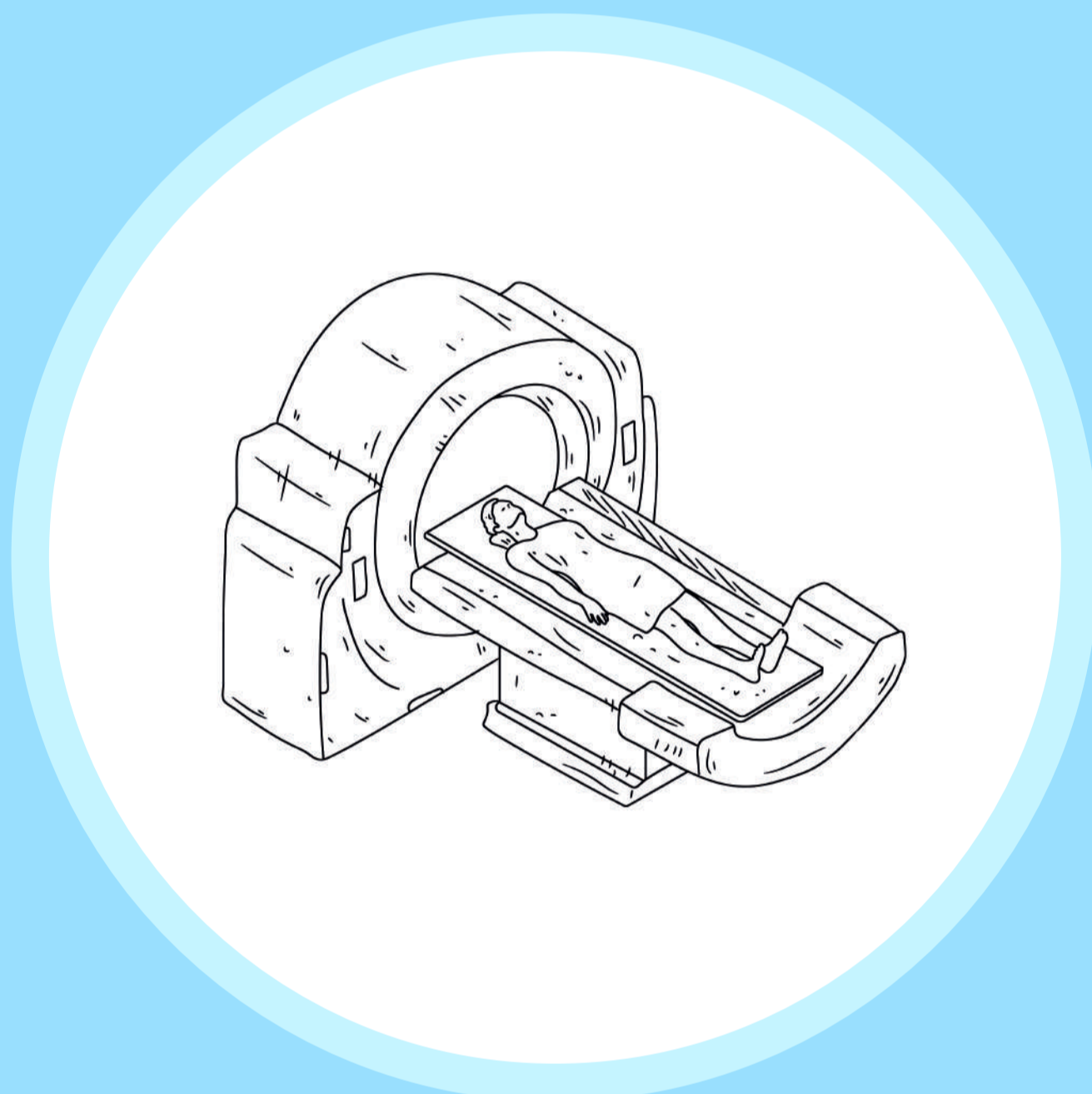
## Knees (p. 7 of 8)



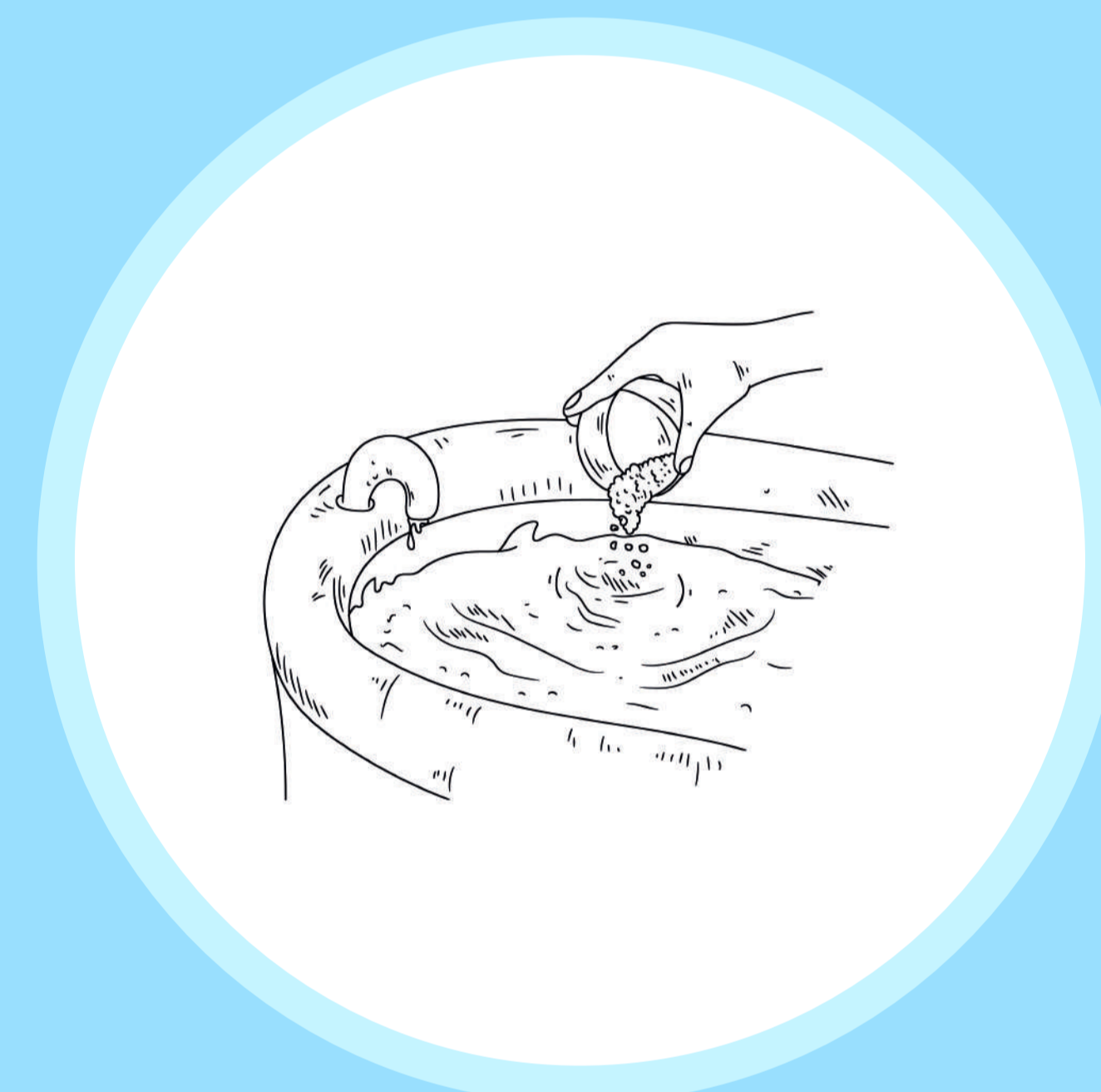
**Gheraṇḍāsana II  
(sage II)**



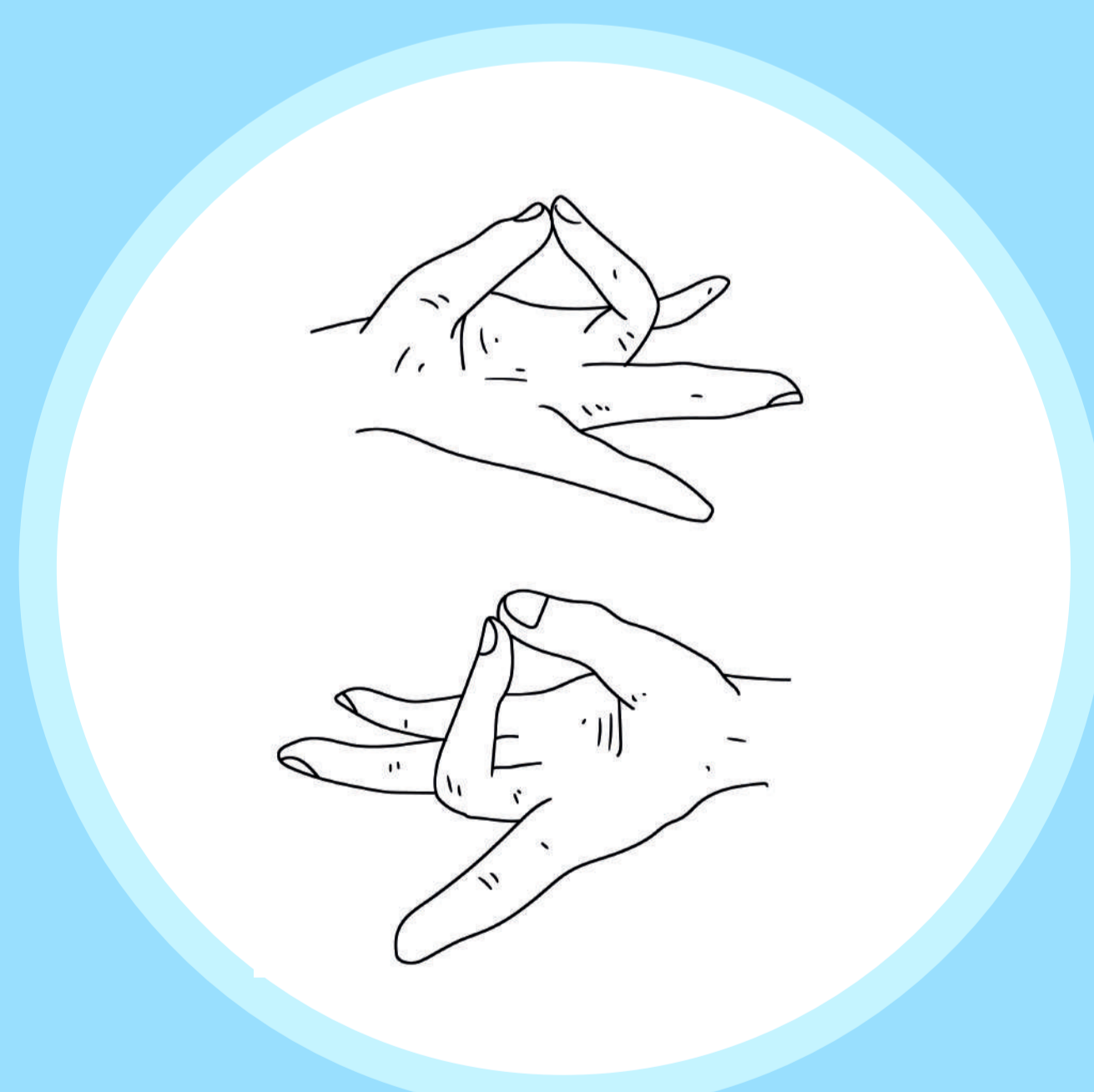
**Find a Great PT**



**Get an MRI**



**Epsom Salt Bath**



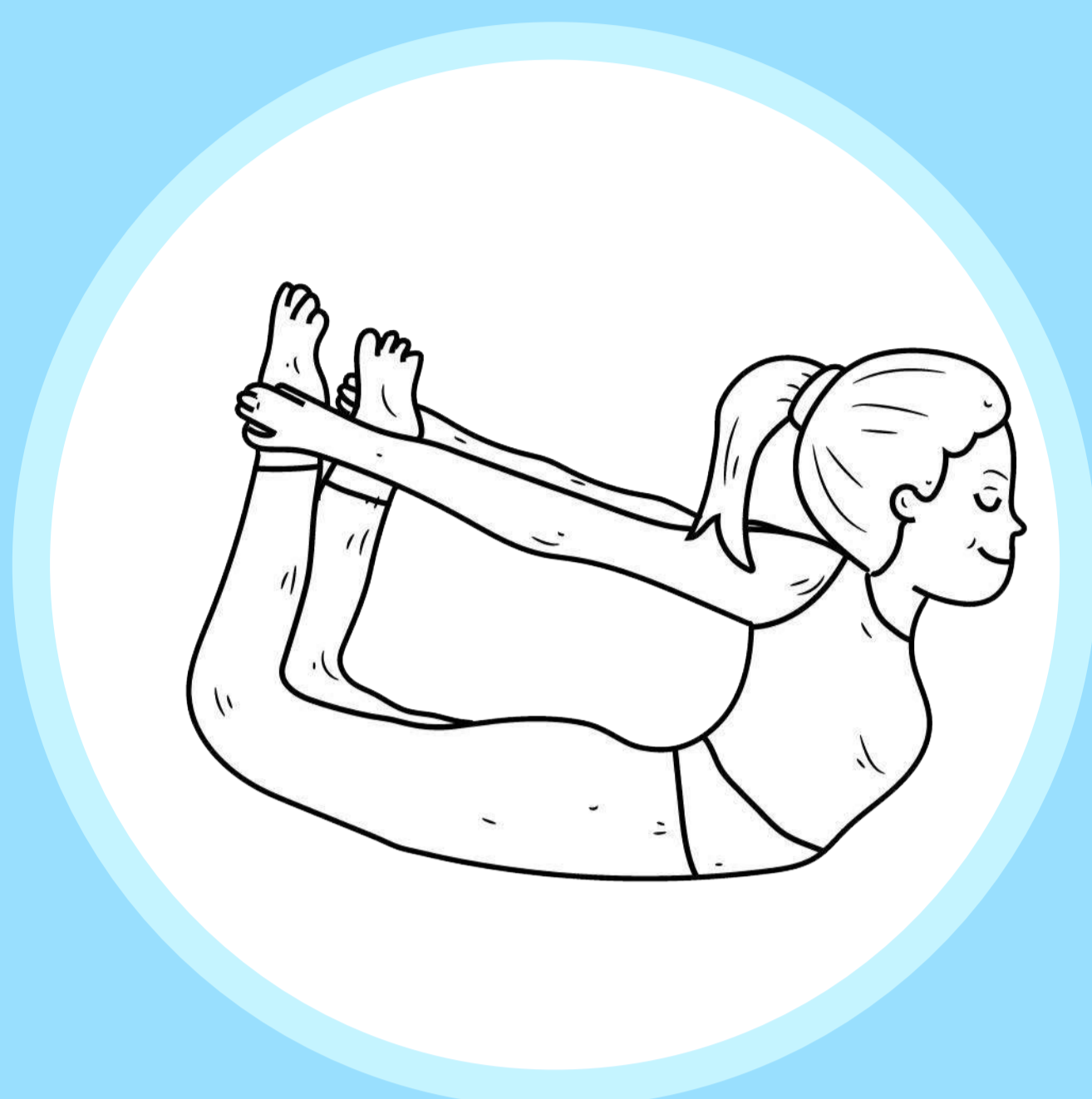
**Joint Mudra**



**Olive Oil  
(massaged into body)**



## Knees (p. 8 of 8)



Dhanurasana  
(bow)