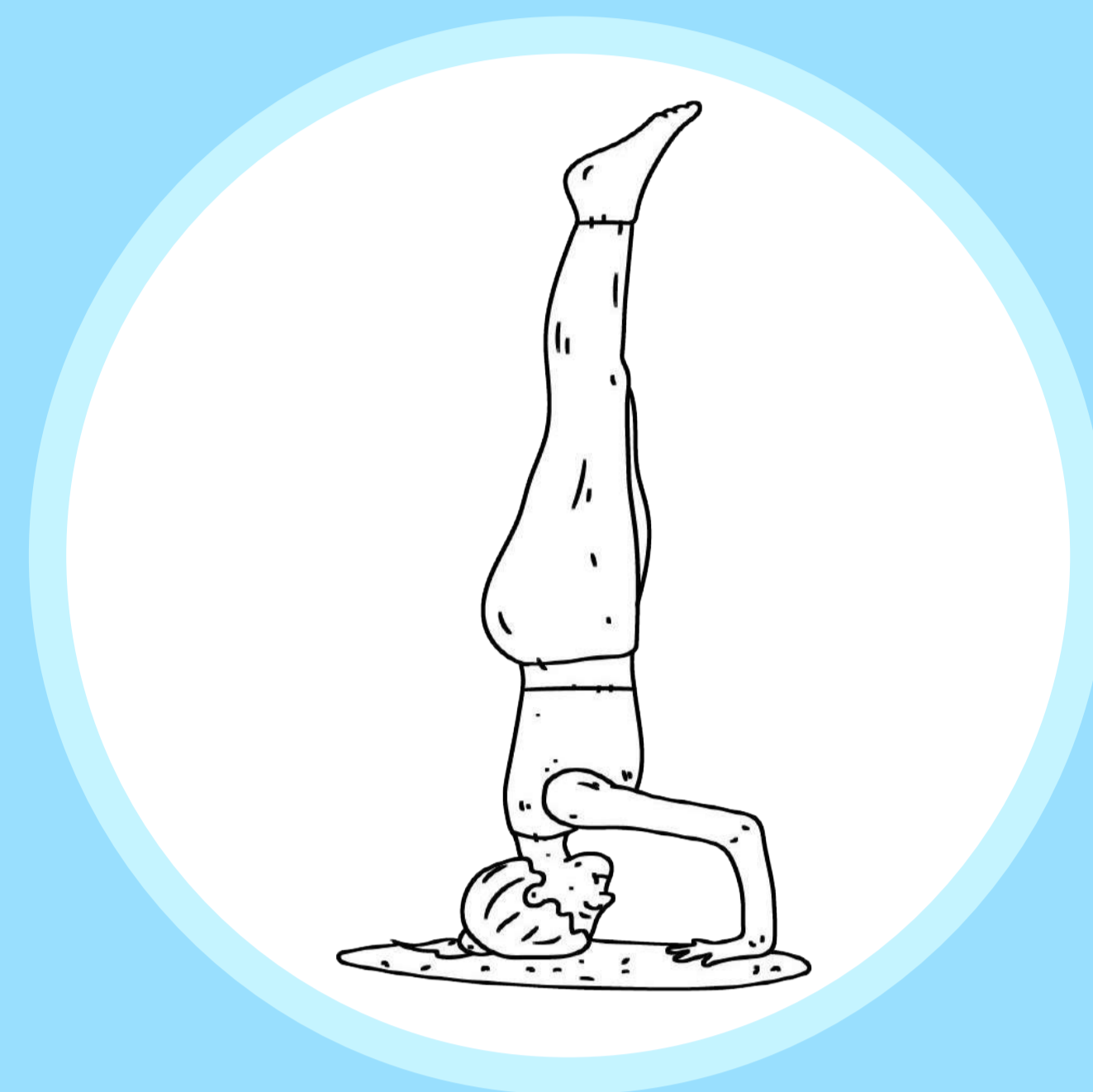


Chest (p. 1 of 9)



Any Standing Posture



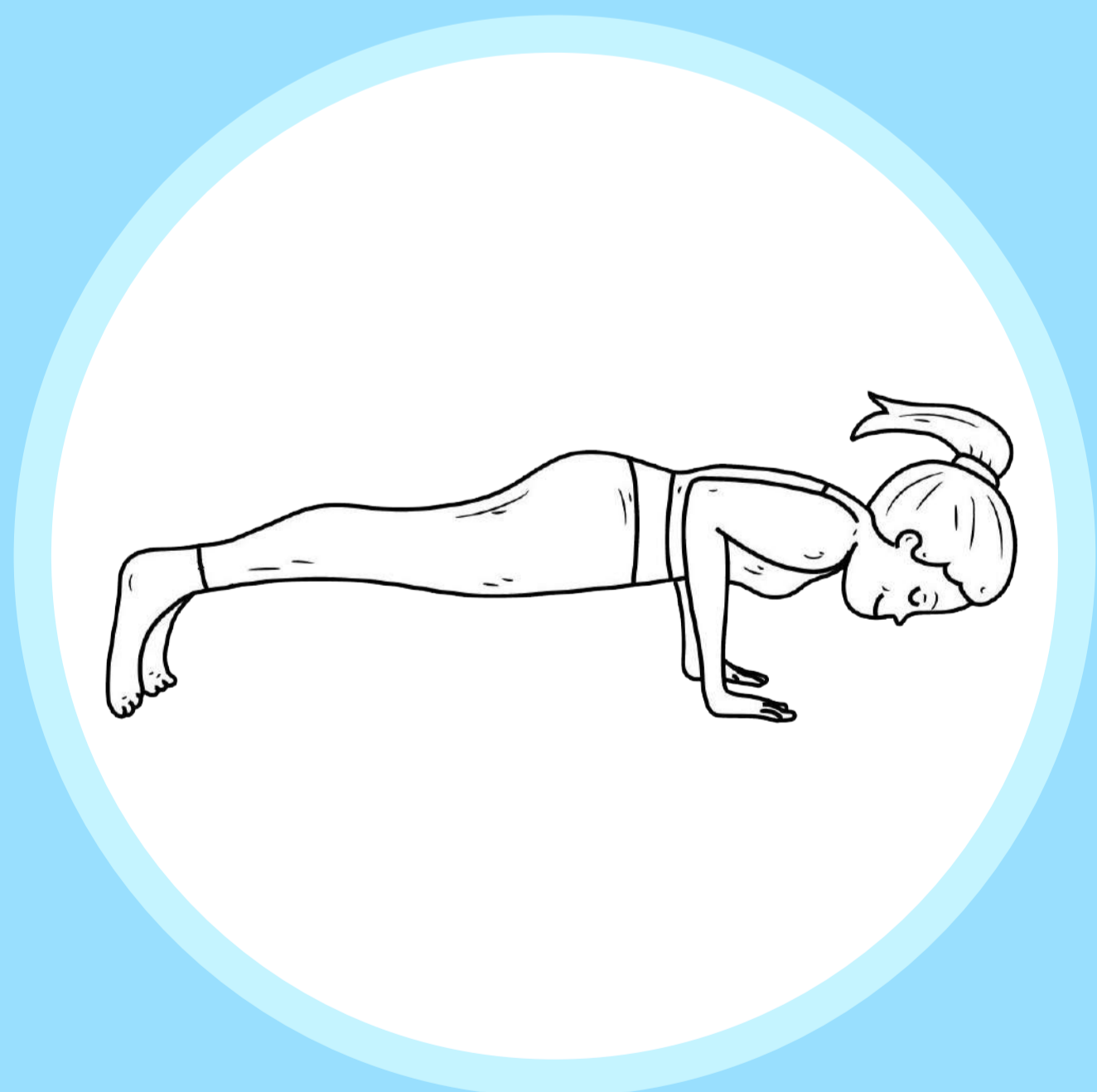
Sirsasana
(head stand)



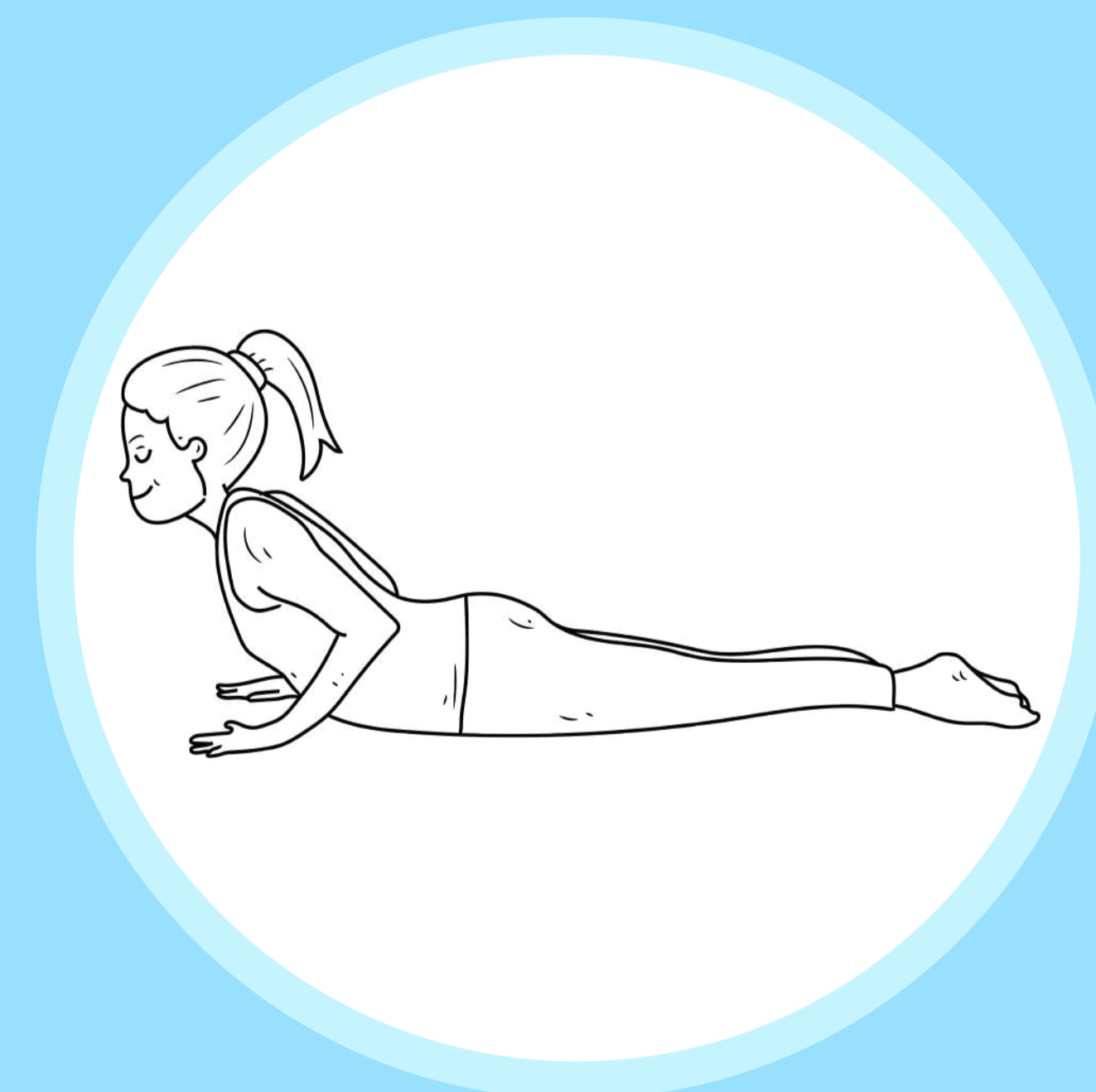
Sarvāngāsana
(shoulder stand)



Dhanurāsana
(bow)



Chaturanga Daṇḍāsana
(low plank)

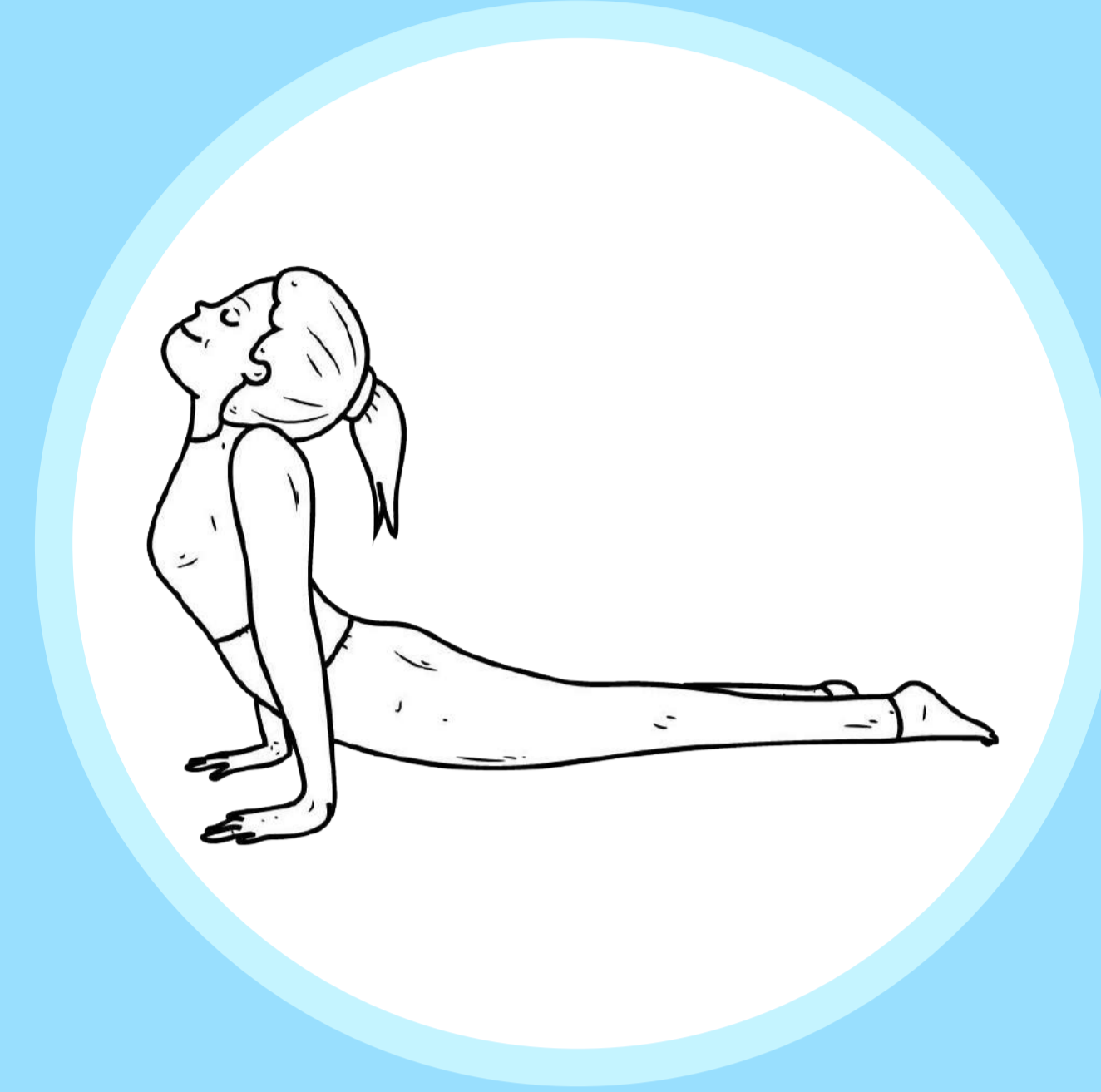


Bhujangāsana I
(cobra I)

Chest (p. 2 of 9)



Bhujangāsana II
(cobra II)



Ūrdhva Mukha Śvānāsana
(upward dog)



Adhomukha Śvānāsana
(downward dog)



Padmāsana
(lotus)



Paschimottānāsana
(staff)

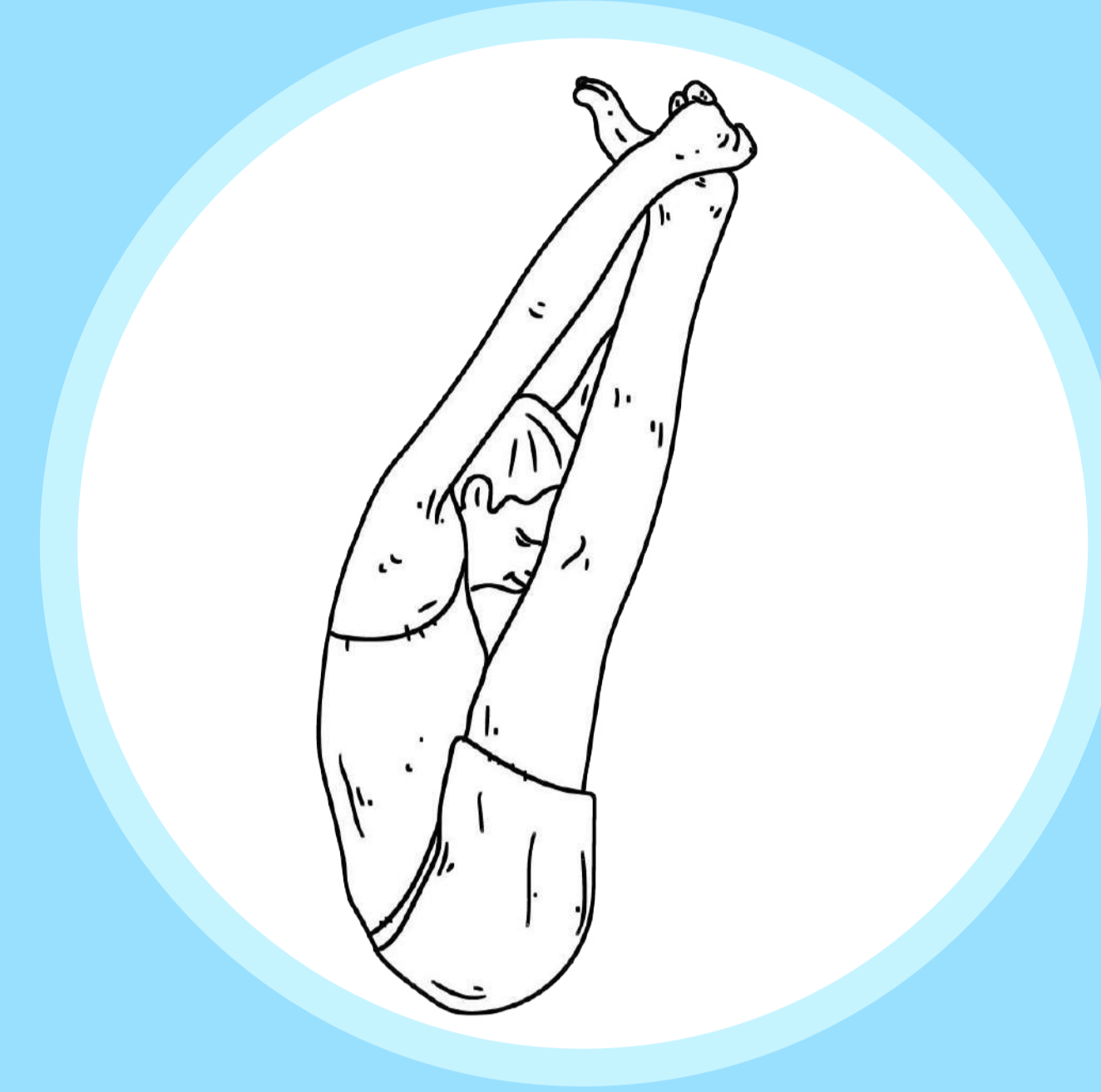


Ākarṇa Dhanurāsana
(archer's pose)

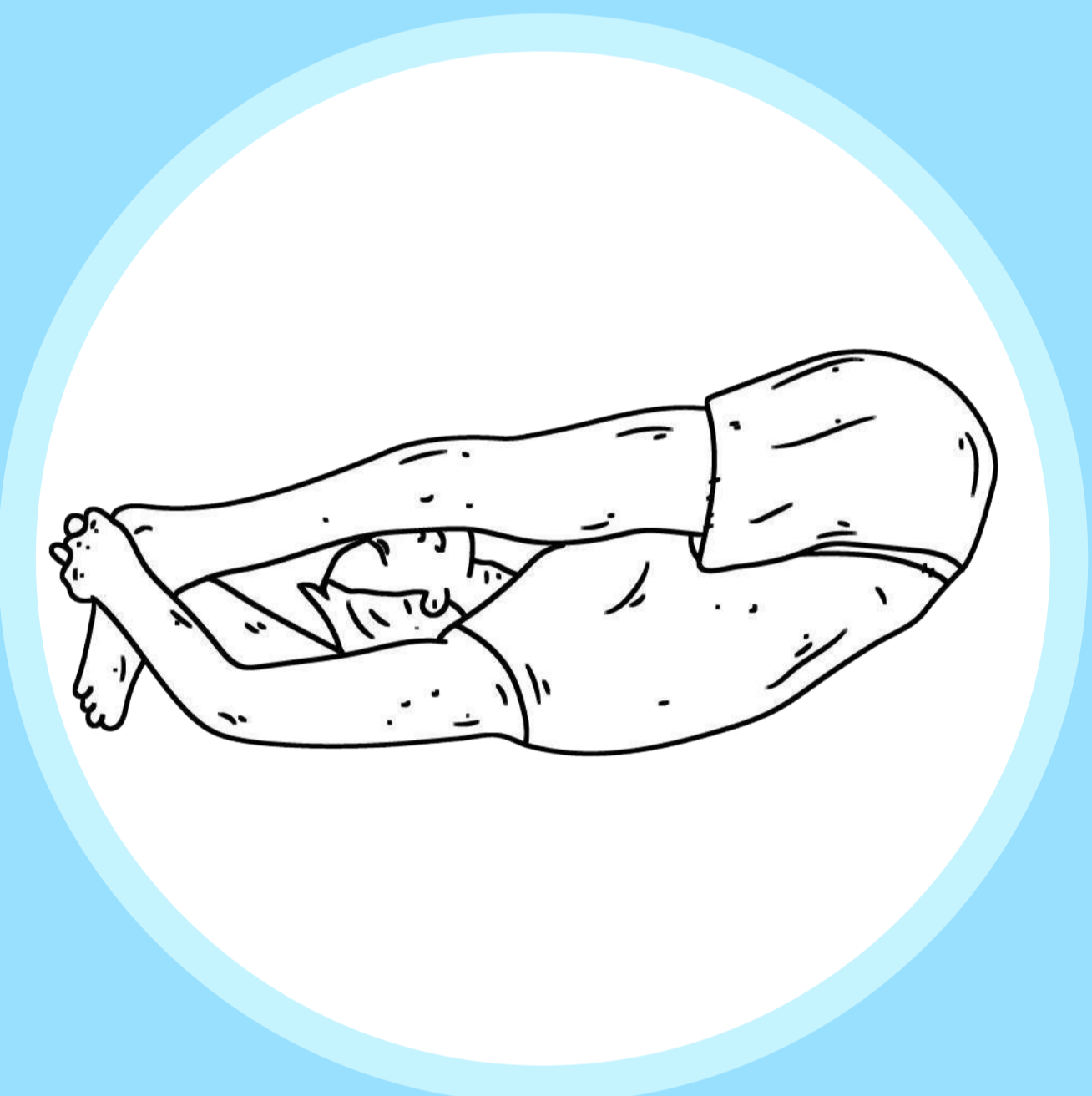
Chest (p. 3 of 9)



Ubhaya Pādānguṣṭhāsana
(upward staff)



Ūrdhvamukha Paschimottānāsana I
(upward staff)



Ūrdhvamukha Paschimottānāsana II
(inverted staff)



Baddha Konāsana
(bound angle)



Bhujapīdāsana
(arm pressure)

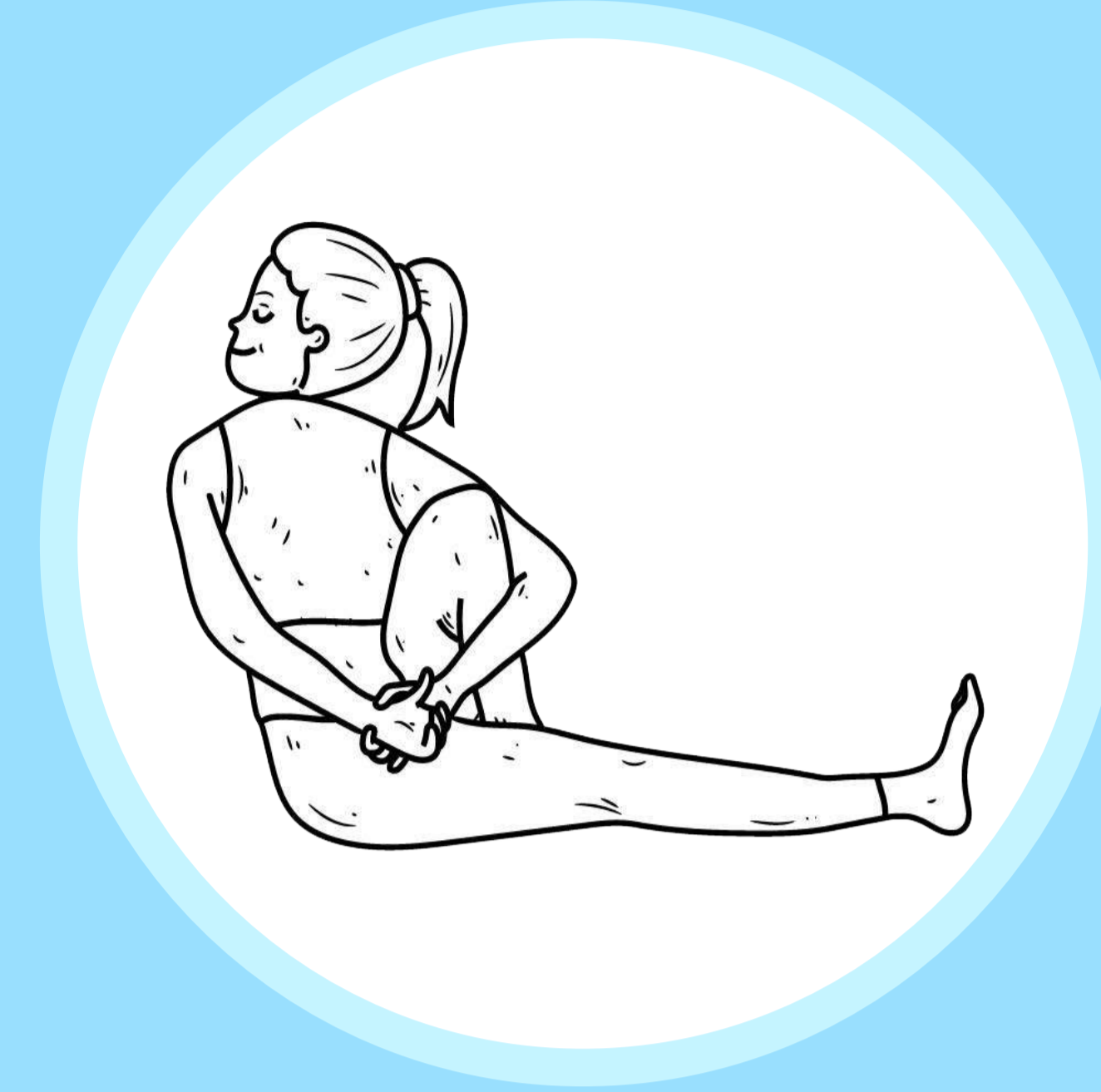


Ardha Marīchyāsana I
(bound forward fold)

Chest (p. 4 of 9)



Ardha Marichyāsana II
(half lotus bound forward fold)



Ardha Marichyāsana III
(bound twist)



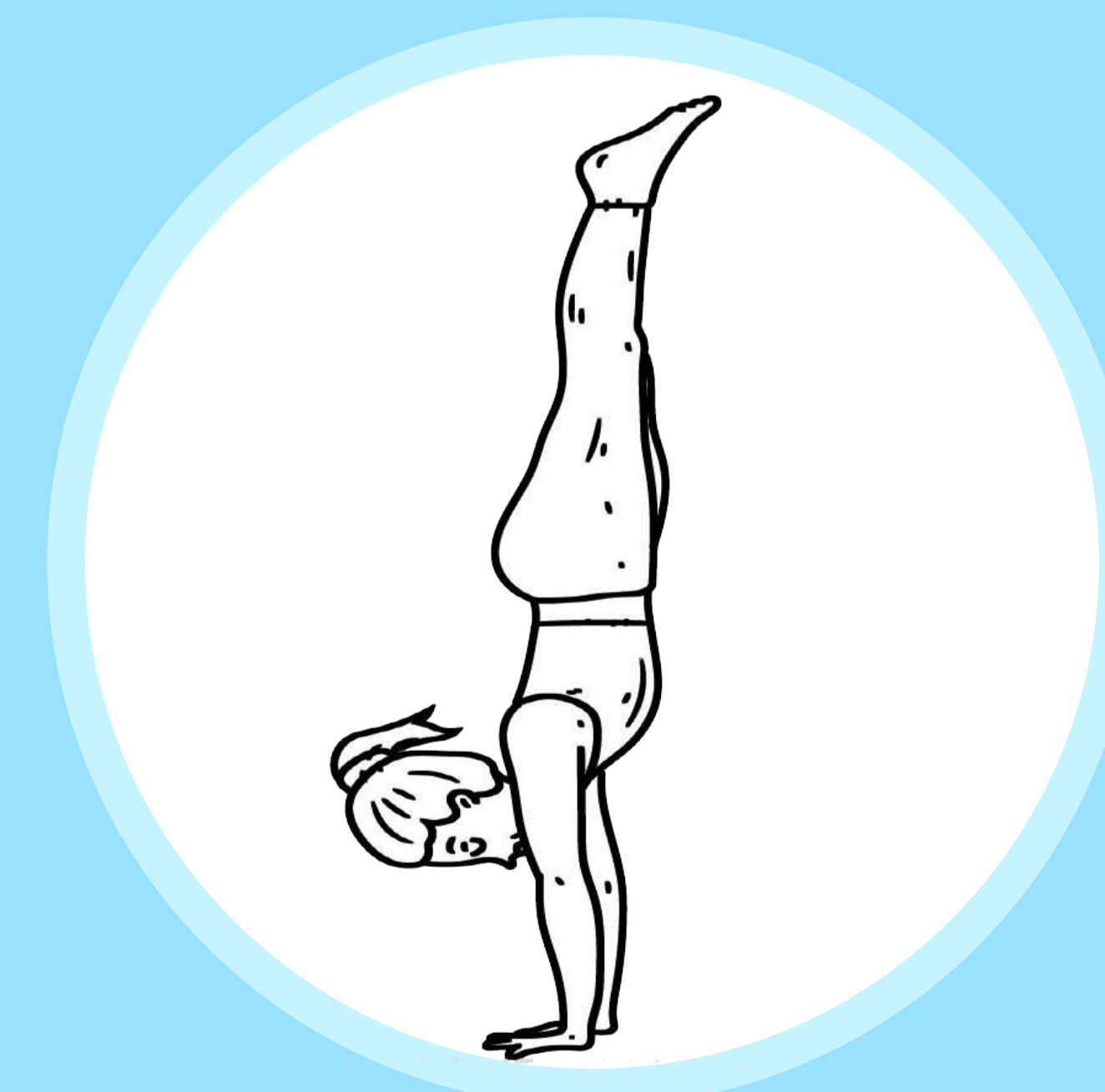
Ardha Marichyāsana IV
(half lotus bound twist)



Pāsāsana
(cord)



Pincha Mayūrāsana
(peacock feather)



Adhomukha Vrksāsana
(handstand)

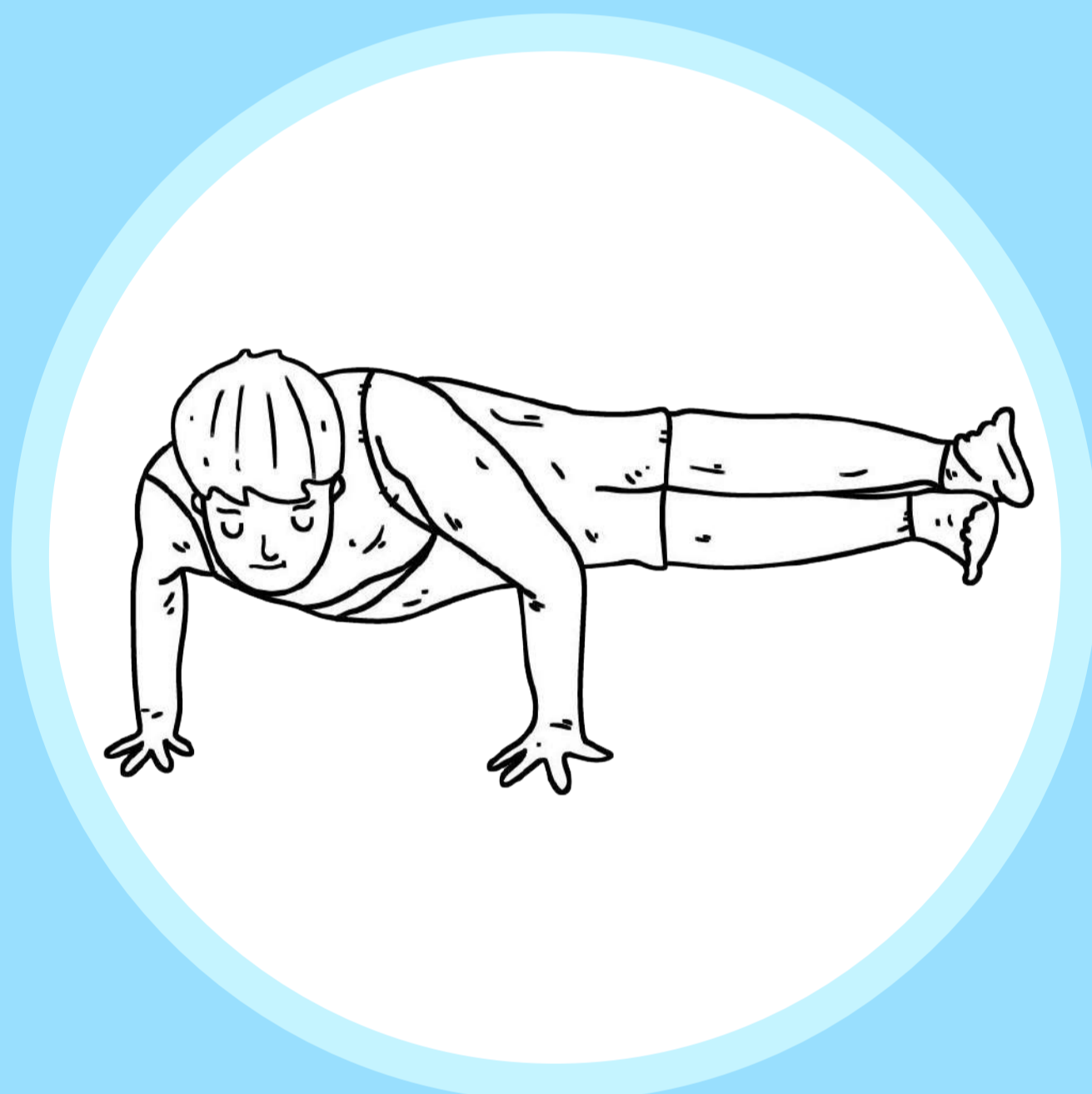
Chest (p. 5 of 9)



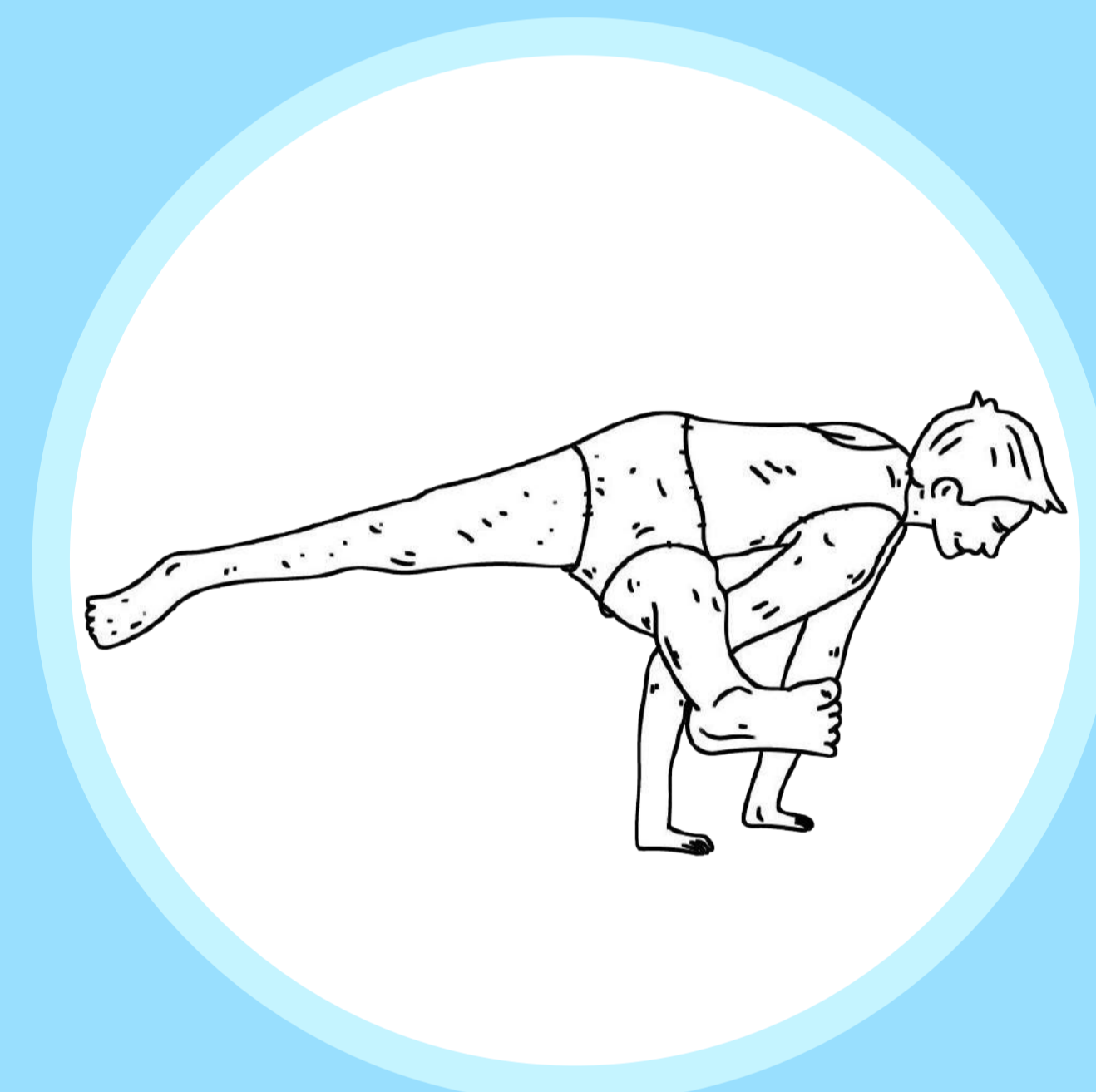
Bakāsana
(crow)



Pārśva Bakāsana
(side crow)



Dwipāda Kouṇḍinyāsana
(flying twisted staff)



Ekapāda Kouṇḍinyāsana
(one leg sage)

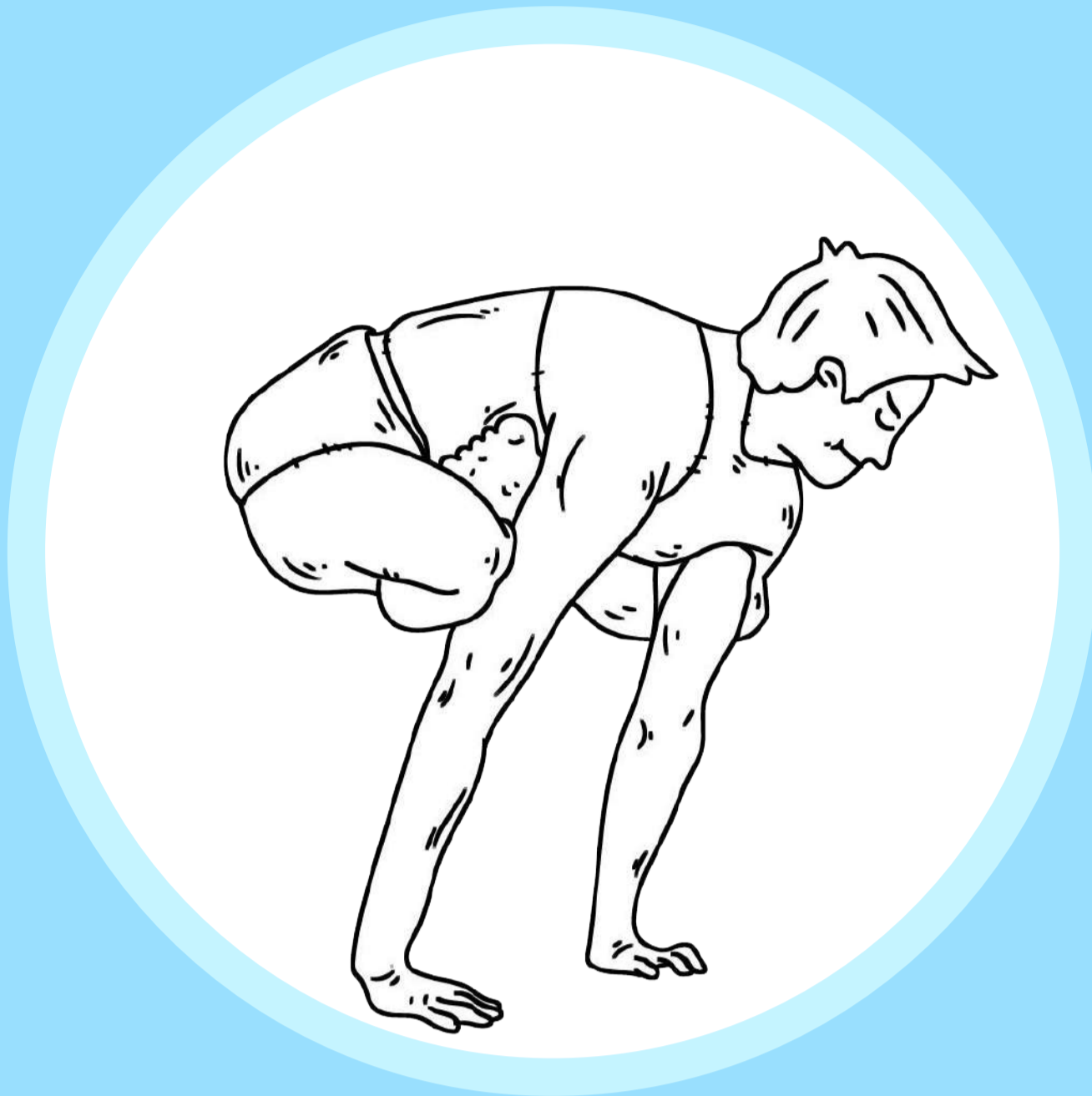


Ekapāda Bakāsana I
(one legged crane I)



Ekapāda Bakāsana II
(one legged crane II)

Chest (p. 6 of 9)



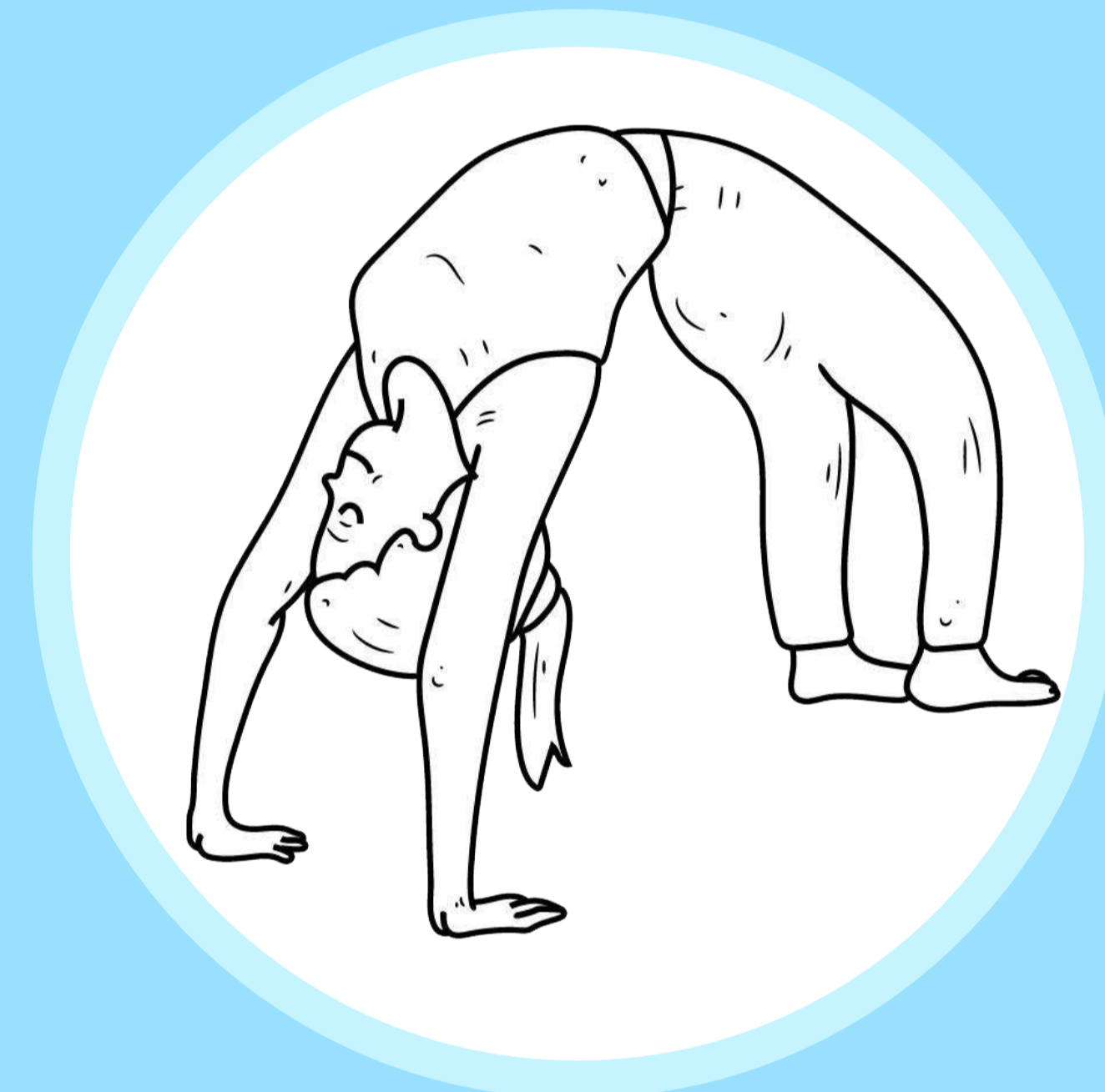
Urdhva Kukkuṭāsana
(upwards cock)



Parśva Kukkuṭāsana
(side cock)



Vāmdevāsana I
(sage)



Chakrāsana
(wheel)



Viparīta Chakrāsana
(inverted wheel)



Kapotāsana
(pigeon)

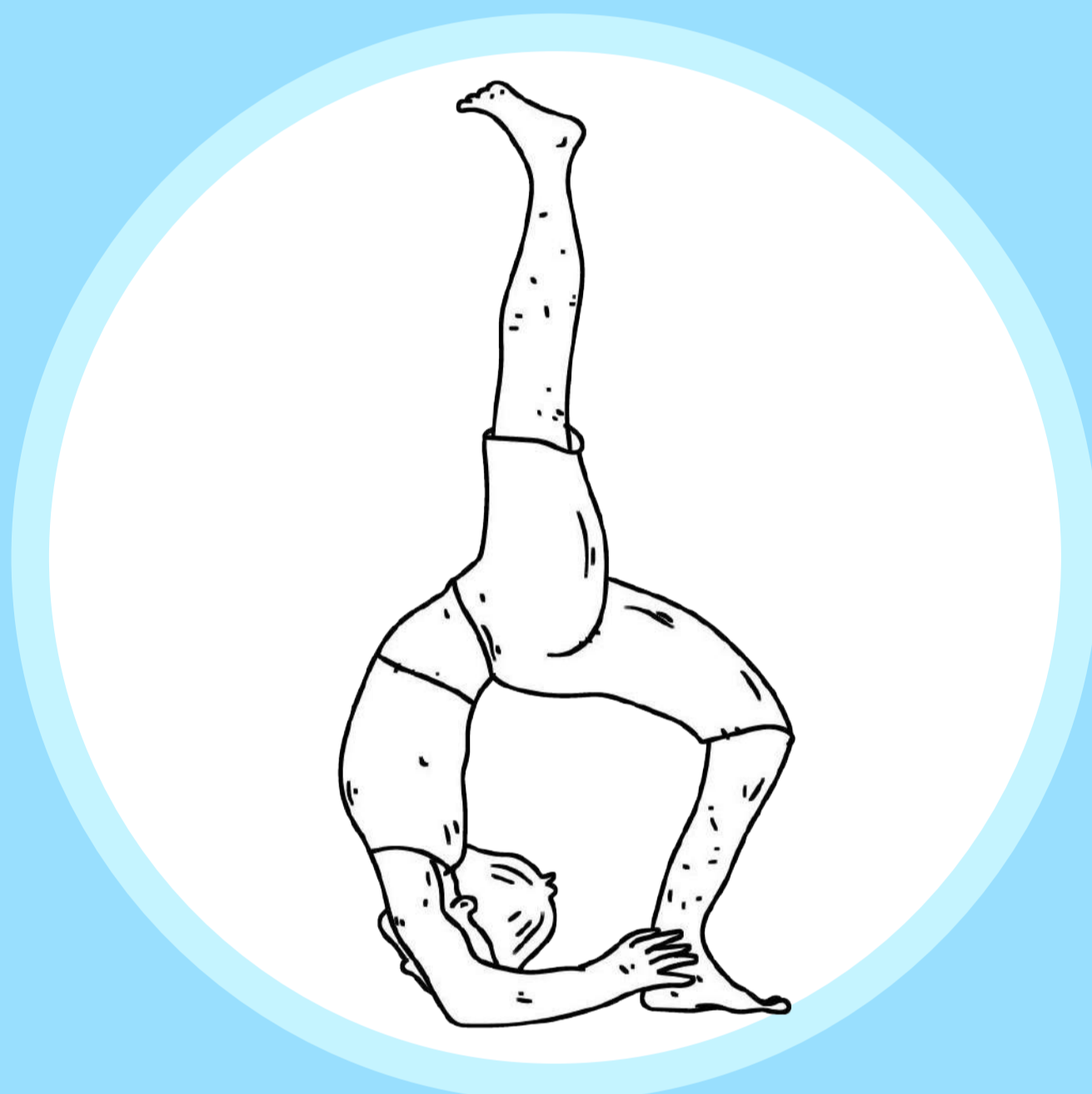
Chest (p. 7 of 9)



Laghuvajrāsana
(little thunder)



Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)



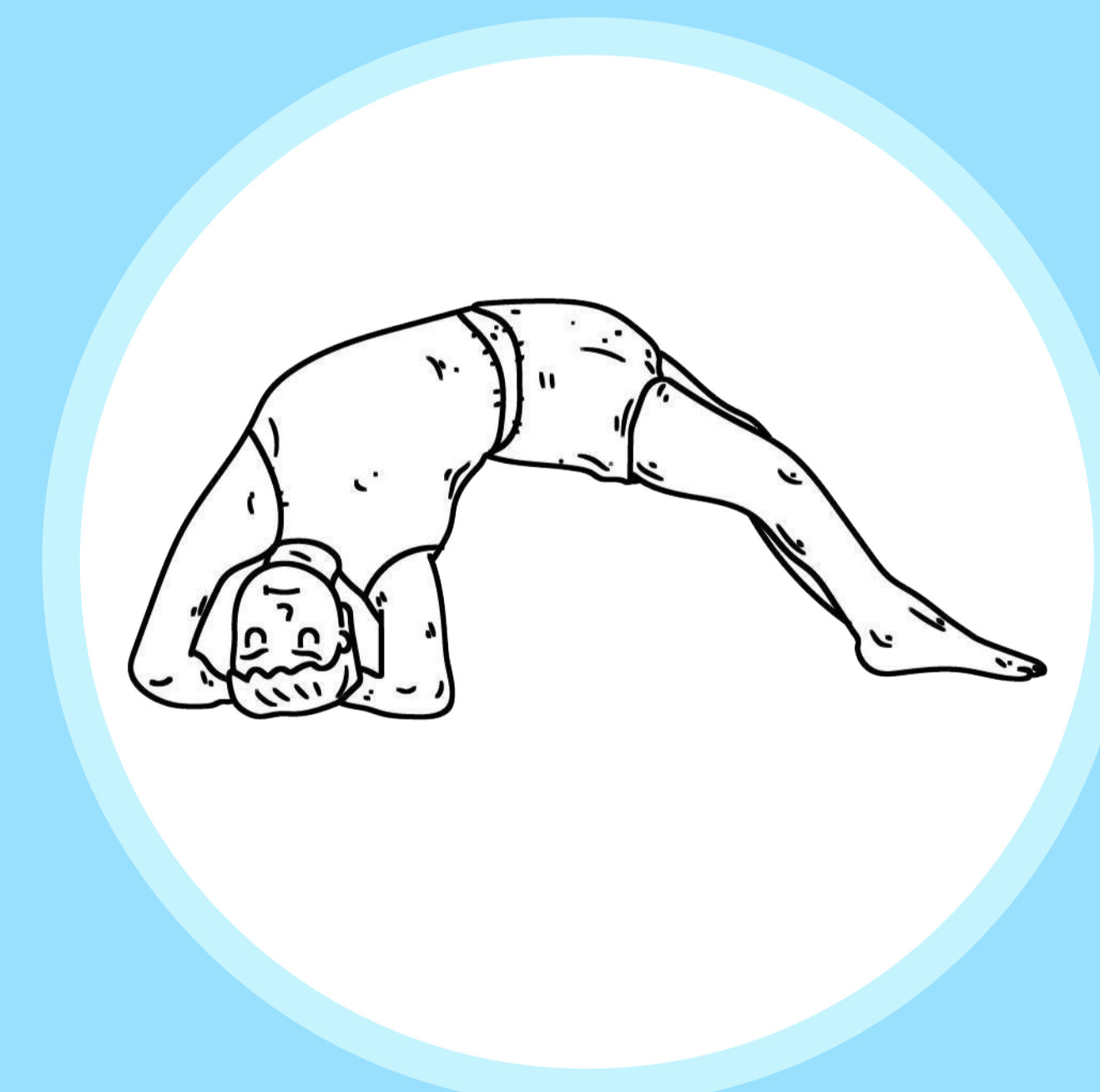
Ekapāda Viparīta Daṇḍāsana
(bound wheel)



Ekapāda Viparīta Daṇḍāsana II
(one legged inverted staff)



Chakrabandhāsana
(chakras bounded)



Maṇḍalāsana
(circle)

Chest (p. 8 of 9)



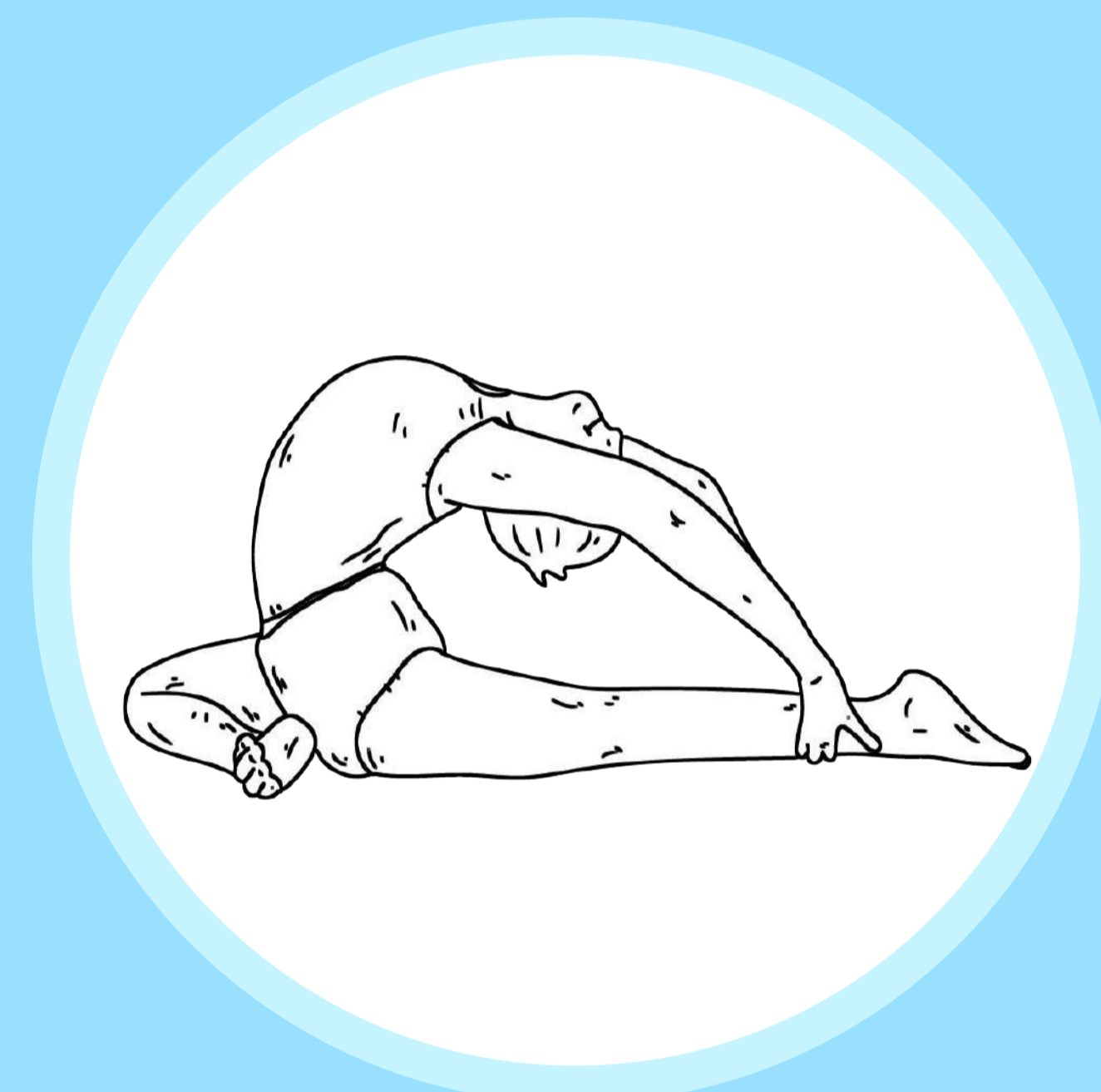
Vṛiśchikāṣana I
(scorpion I)



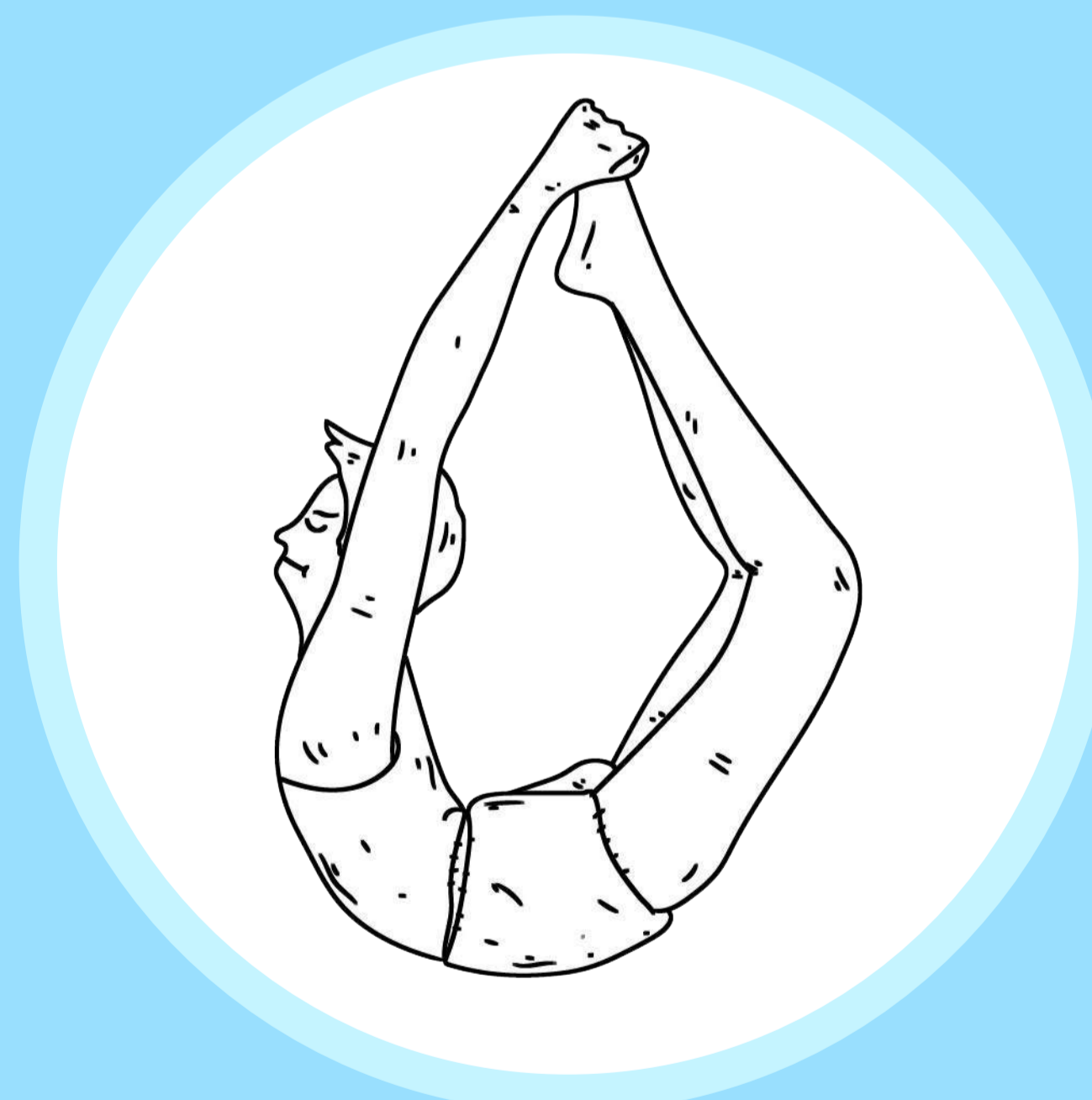
Rājapotaṣana
(king pigeon)



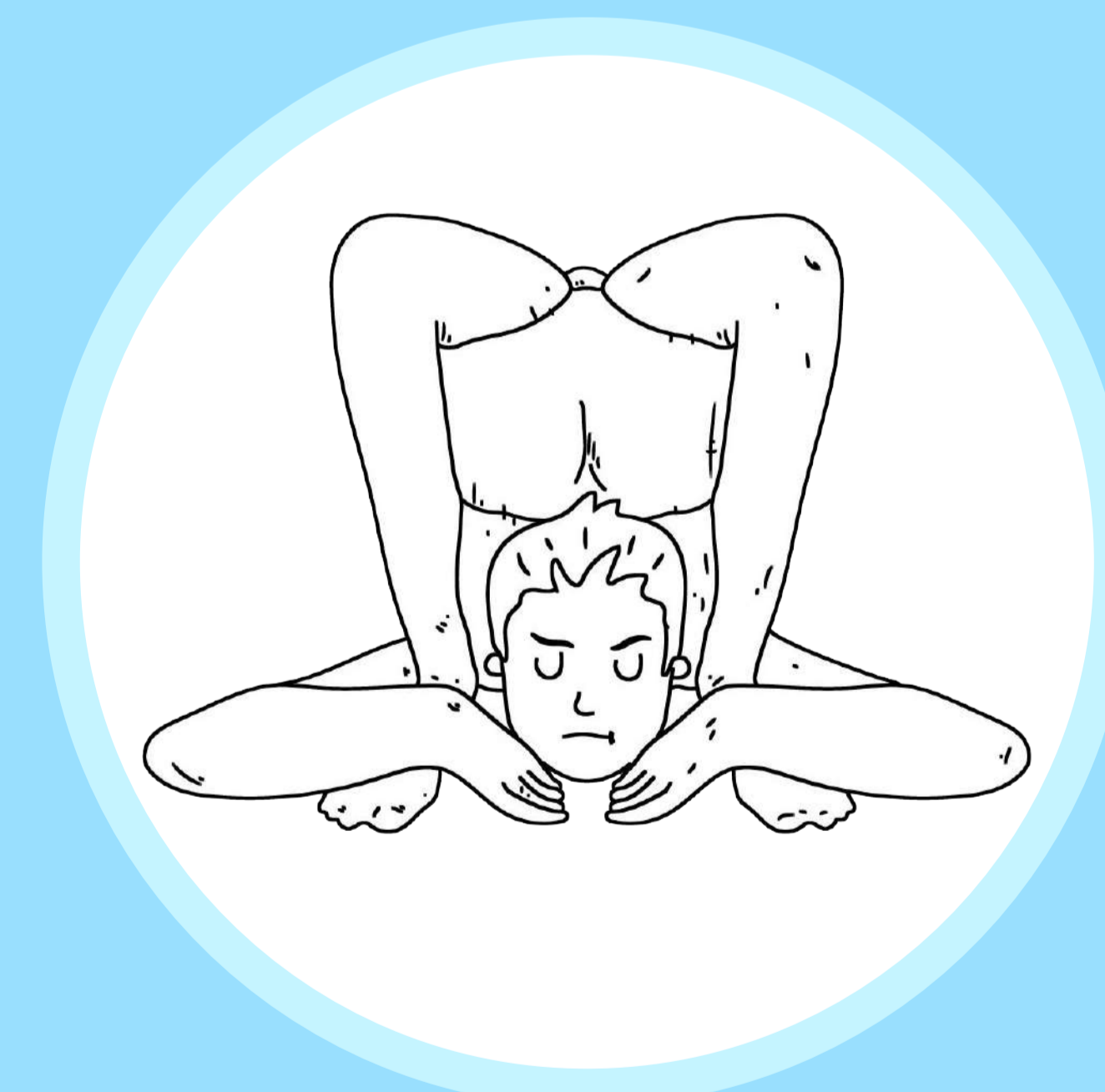
Eka Pada Rajapotasana
(pigeon pose)



Vālahilyāṣana
(heavenly spirit)



Pādānguṣṭha Dhanurāṣana
(foot big toe boe)

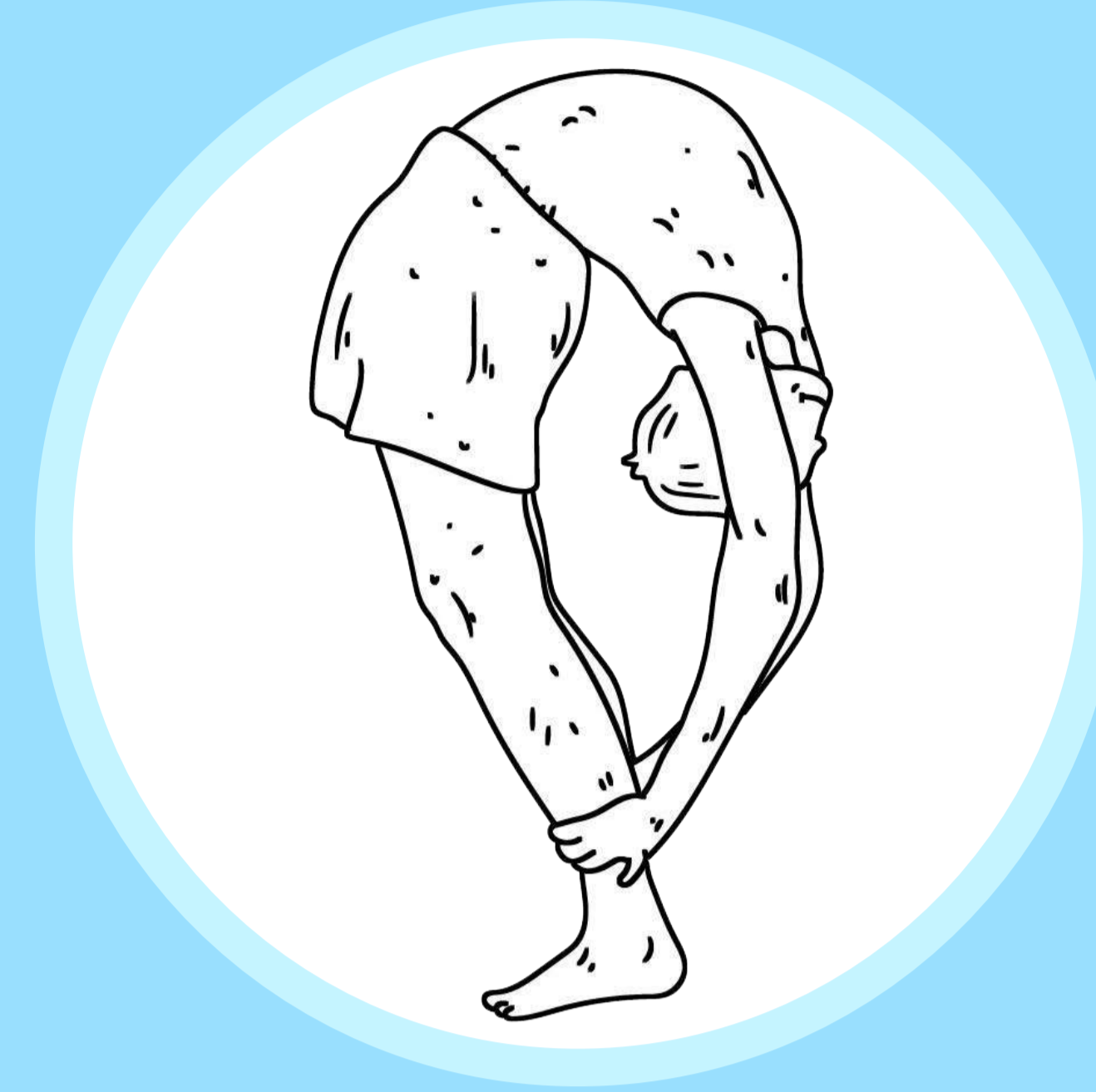


Gaṇḍa Bheruṇḍāṣana
(side of face terriable)

Chest (p. 9 of 9)



Viparīta Śālabhāsana
(reverse locust)



Tiriang Mukhottānāsana
(upside down face)



Natarājāsana
(dancer's)



Nādī Śodhana
(alternate nostril breathing)