

Sequenza 2

ADHO MUKHA VIRASANA



ADHO MUKHA SVANASANA



GOMUKHASANA IN TADASANA



PASCHIMA NAMASKARASANA



VIRABHADRASANA II



VIRABHADRASANA I



PRASSARITA PADOTTANASANA
(Concave back)



SALABHASANA



BHUVANGASANA



ADHO MUKHA VIRASANA



SETU BHANDA SARVANGASANA



HALASANA - SALAMBA SARVANGASANA



SAVASANA

