



SEQUENCE for Acquaintance #2 from *Basic Guidelines*

Uttistha Sthiti

Uttanasana :
Intense Stretch Pose



Adho Mukha Svanasana :
Downward Facing Dog Pose



Parsvottansana :
Intense Stretch of the
Side Body Pose



Prasarita Padottanasana :
Wide Apart Feet Intense Stretch Pose



Uttanasana :
Intense Stretch Pose



Padangusthasana :
Big Toe Pose

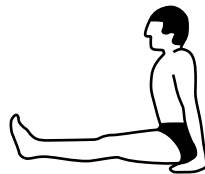


Adho Mukha Svanasana :
Downward Facing Dog Pose



Upavistha Sthiti

Dandasana :
Staff Pose



Urdhva Hasta
Dandasana :
Upward Hands
in Dandasana



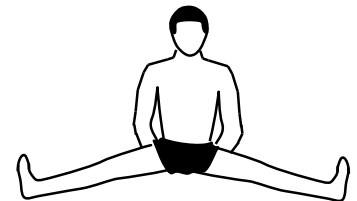
Padangustha Dandasana :
Holding Big Toes in Dandansana



Baddha Konasana :
Bound Angle Pose



Upavistha Konasana :
Seated Angle Pose



Padangustha Upavistha Konasana :
Holding Big Toes Seated Angle Pose



Svastikasana:
Simple Cross Legged Pose



Parvatasana :
Binding Fingers
overhead
in Svastikasana



Virasana :
Hero's Pose



Parvatasana in Virasana :
Binding Fingers
Overhead
in
Virasana



Gomukhasana :
Cow Face Pose



Paschima Pratana Sthiti

Adho Mukha Virasana :
Downward Facing Hero's Pose



Paschimottanasana :
Intense Stretch of the Back
Body Pose



Janu Sirsasana :
Head of the Knee Pose





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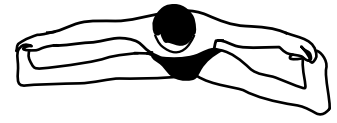
Triang Mukhaikapada
Paschimottanasana :
3 Limbs Facing One Leg Intense
Stretch of the Back Body



Marichyasana 1 :
Pose Dedicated to Sage Maricy



Upavistha Konasana :
Seated Angle Pose



Paschimottanasana :
Intense Stretch of the Back
Body Pose



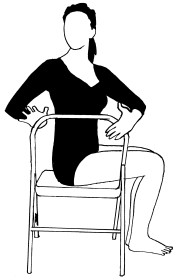
Parivrtta Sthiti
Bharadvajasana I :
Sage Bharadvaja's Pose



Bharadvajasana II :
Sage Bharadvaja's Pose



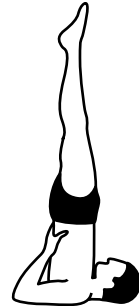
Bharadvajasana on a chair :
Pose dedicated to Sage
Bharadvaja



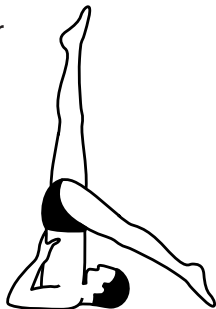
Viparita Sthiti
Salamba Sirsasana :
Supported Head Stand



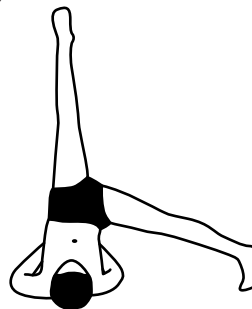
Salamba Sarvangasana :
Supported Shoulder
Stand



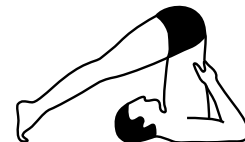
Eka Pada Sarvangasana :
One Leg
Shoulder
Stand



Parsvaikapada Sarvangasana :
One Leg to the Side Shoulder
Stand



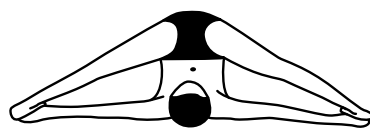
Halasana :
Plow Pose



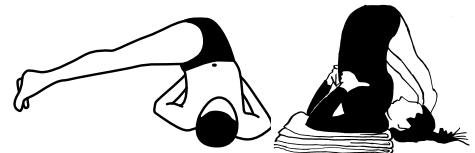
Karnapidasana :
Ear Pressure Pose



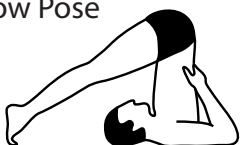
Supta Konasana :
Reclining Angle Pose



Parsva Halasana :
Lateral Plow Pose



Halasana :
Plow Pose



Paschimottanasana :
Intense Stretch of the
Back Body Pose



Visranta Karaka Sthiti

Savasana :
Corpse Pose



Pranayama :
Ujjayi I & II