

תנוחות עמידה - Standing pose



Vrksāsana I



Vrksāsana II



Utthita Trikoṇāsana



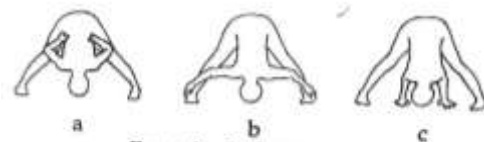
Ardha Chandrāsana



Virabhadrasana II



Uttitha
Parsvakonasana



Prasārita Pādottānasana



Uttitha Hasta Pādāṅguṣṭhāsana