

תנוחות עמידה רצף א' - Standing pose



Vrkṣāsana I



Vrkṣāsana II



Utthita Trikoṇāsana



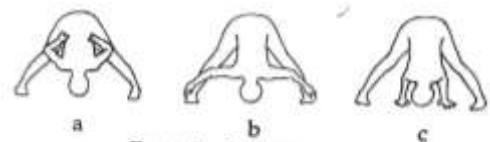
Ardha Chandrāsana



Virabhadra II



Uthita
Parsvakonasana



Prasārita Pādottānāsana



Uthita Hasta Pādāṅguṣṭhāsana