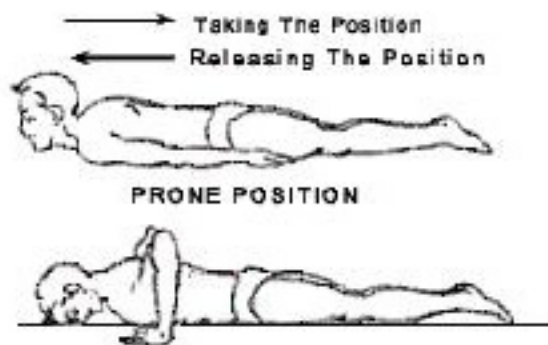


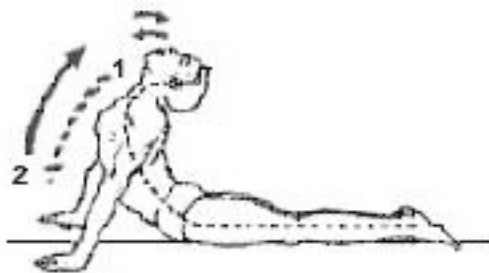
(Bhu-JAN-ga-asana)

- o Saral – straight
- o Hasta – arm
- o Bhujanga – cobra

In this position the body takes the position of cobra, raising its body and preparing to strike.



- o Bring both the hands near the chest and place the palms on the ground with the fingers together pointing forward and thumbs pointed towards the body. The elbows should be raised towards the ceiling close to the body. Place the forehead on the ground.



ASANA POSITION

- o While inhaling slowly raise the forehead, bend the neck backwards and then slowly raising the shoulders, chest and abdomen from the ground until the arms are straight, very slowly, vertebrae by vertebrae, stretching backwards. Continue to maintain the asana, breathing normally.

DHANURASANA

1

→ Taking The Position
← Releasing The Position



PRONE POSITION

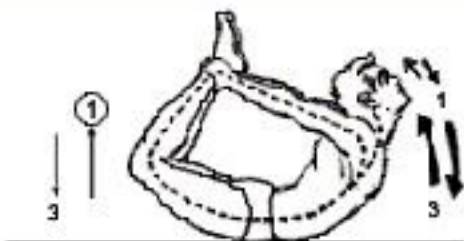
2



3



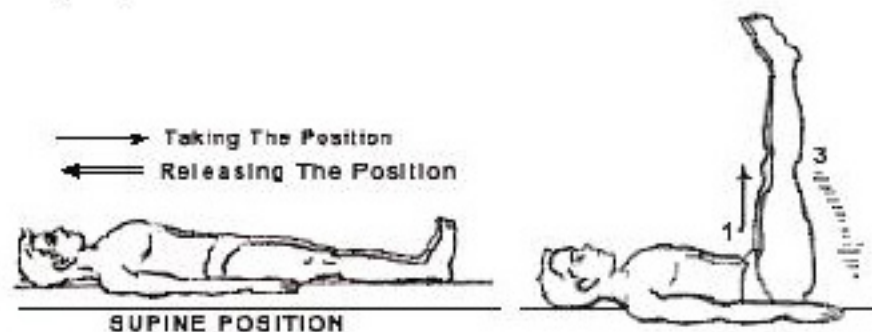
4



ASANA POSITION

Ha-LA-sana

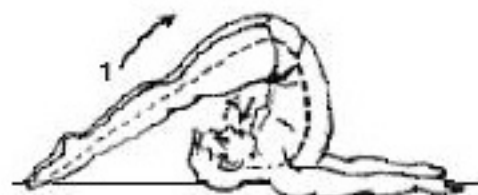
Hala - plough



- Exhale and while inhaling slowly raise the legs to a 90 degree angle from the floor.



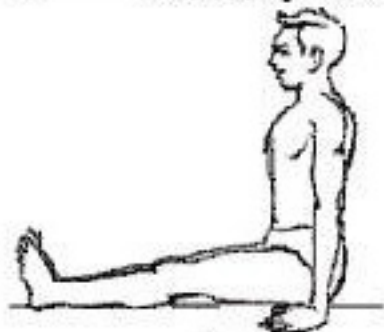
- Exhaling raise the waist and hips, taking the legs over the head, keeping them suspended above the ground.



After exhaling fully, lower the leg further down and rest the toes on the floor. Keep the toes

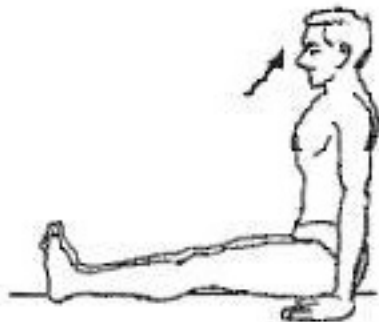
1

→ Taking The Position
 ← Releasing The Position

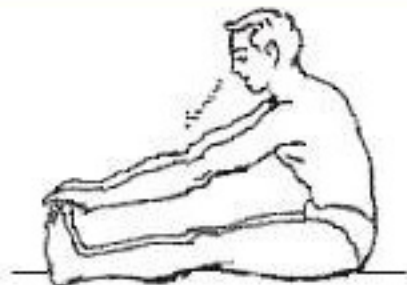


SITTING POSITION

2

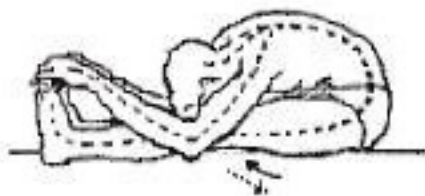


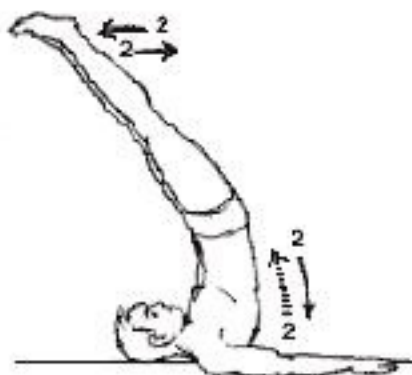
3



4

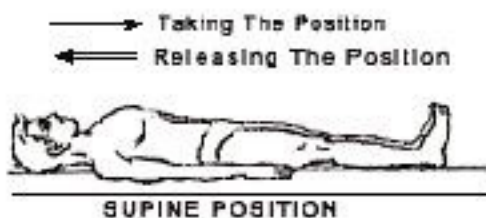
ASANA POSITION



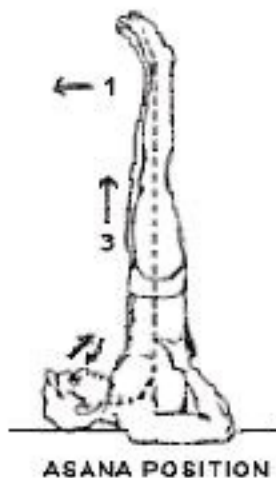


(sar-vang-asana)

Sarva = Whole
 Anga = Bodyparts
 Asana = Posture



- Exhale and while inhaling, contract the abdomen and slowly raise both the legs to a 90 degree angle from the floor.
- Exhaling raise the waist and the hips from the floor and take the legs backwards over the head.



ASANA POSITION

- Inhaling raise the back and the legs up into a vertical position, placing the hands on the upper back for support. The chin should rest against the chest, creating the chin lock. Fix the eyesight on the toes and maintaining the asana, continue normal breathing.

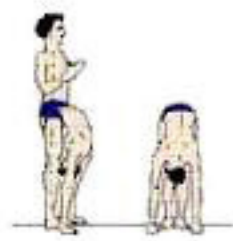
suryanamaskar



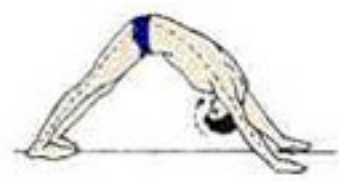
position 1



position 6



position 2



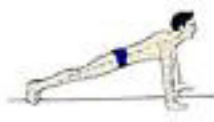
position 7



position 3



position 8



position 4



position 9



position 5

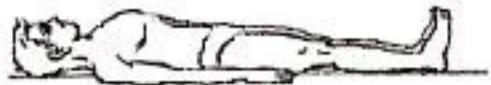


position 10

UTTANIPADASANA (With Both Legs)

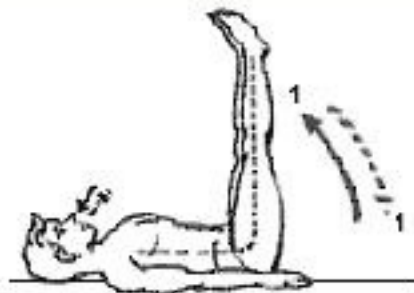
1

→ Taking The Position
←←← Releasing The Position



SUPINE POSITION

2



ASANA POSITION

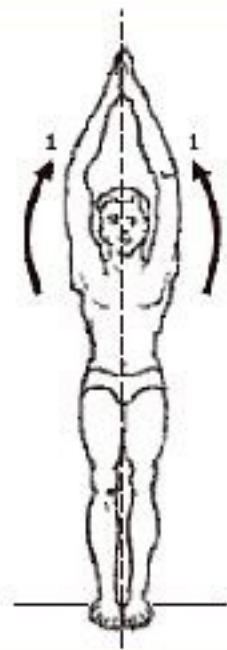
1

→ Taking The Position
← Releasing The Position

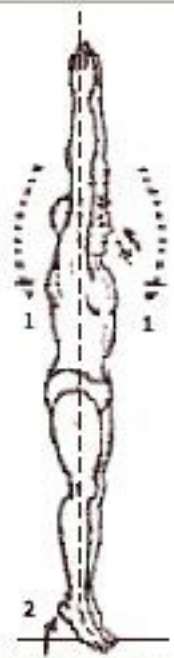


STANDING POSITION

2



3



ASANA POSITION

4



STANDING POSITION