

INTERMEDIATE ĀSANA



Side
Pāsāsana



Foot
Krounchāsana



Nose
Śalabhāsana A



Nose
Śalabhāsana B



Nose
Bhekāsana



Nose
Dhanurāsana



Nose
Pārśva Dhanurāsana



Nose
Dhanurāsana



Nose
Uṣṭrāsana



Nose
Laghu Vajrāsana



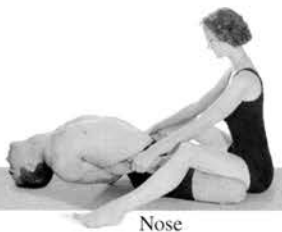
Nose
Kapotāsana A



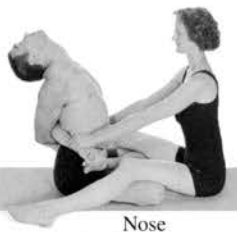
Nose
Kapotāsana B



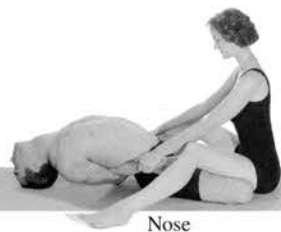
Nose
Supta Vajrāsana



Nose
Up & down x5



Nose
+ 5 Breaths



Nose
Bakāsana A



Nose
Bakāsana B (Jump)



Side
Bharadvajāsana



Side
Ardha Matsyendrāsana



Foot
Eka Pāda Śīrṣāsana



Nose
Dwi Pāda Śīrṣāsana



3rd Eye
Yoga Nidrāsana



Nose
Tittibhāsana A



Nose
B (+ walk)



Nose
C





Nose
Pincha Mayūrāsana



Nose
Karandavāsana



Nose
Mayūrāsana



Nose
Nakrāsana



Upward
Vātāyanāsana



Upward
Vātāyanāsana



Upward
Parighāsana



Upward
Parighāsana



Nose
Gomukhāsana A & B



Upward
Gomukhāsana A & B



Nose
Gomukhāsana A & B



Upward
Gomukhāsana A & B



Nose
Supta Ūrdhva Pāda Vajrāsana



Side
Supta Ūrdhva Pāda Vajrāsana



Nose
Supta Ūrdhva Pāda Vajrāsana



Side
Supta Ūrdhva Pāda Vajrāsana



Nose
Mukta Hasta Śīrṣāsana A



B



C



Nose
Baddha Hasta Śīrṣāsana A



B



C



D