



SEQUENCE for Acquaintance #1 from *Basic Guidelines*

Uttistha Sthiti

Samasthiti :
Mountain Pose



Urdhva Hastasana :
Upward Hands



Urdhva
Baddhanguliyasana :
Upward Bound
Fingers Pose



Namaskarasana :
Samasthiti,
hands in
Namaskar



Urdhva
Namaskarasana :
Upward
Namaskar



Gomukhasana :
Cow Face Pose
in Samasthiti
Clasping hands



Paschima Baddha Hastasana :
Binding Arms Behind the Back



Paschima Namaskarasana :
Namaskar with
Arms Behind
the Back



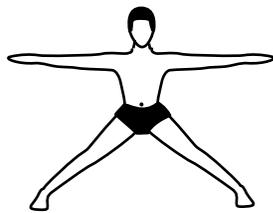
Vrksasana :
Tree Pose



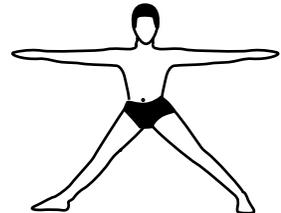
Utkatasana :
Fierce Pose



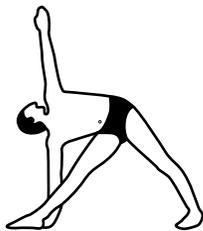
Utthita Hasta Padasana :
Extended Arms and Legs Pose



Parsva Hasta Padasana :
One leg and foot turned out



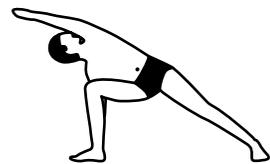
Utthita Trikonasana :
Extended Triangle Pose



Virabhadrasana II:
Warrior Pose No. 2



Utthita Parsvakonasana :
Extended Side Angle Pose



Virabhadrasana I :
Warrior Pose
No. 1



Vimanasana :
Flying Vehicle Pose
Virabhadrasana I with arms to
the side



Ardha Chandrasana :
Half Moon Pose





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Virabhadrasana III :
Warrior Pose No. 3



Parivrtta Trikonasana :
Revolved Triangle Pose



Parivrtta Parsvakonasana :
Revolved Side Angle Pose



Parighasana :
Gate Pose



Paschima Pratana Sthiti

Adho Mukha Virasana :
Downward Facing Hero's Pose



Paschimottanasana :
Intense Stretch of the Back Body Pose

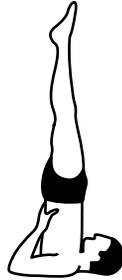


Viparita Sthiti

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



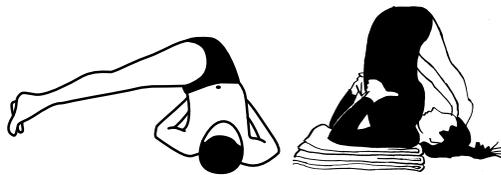
Karnapidasana :
Ear Pressure Pose



Supta Konasana :
Reclining Angle Pose



Parsva Halasana :
Lateral Plow Pose



Halasana :
Plow Pose

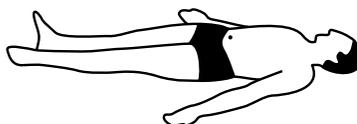


Paschimottanasana :
Intense Stretch of the
Back Body Pose



Visranta Karaka Sthiti

Savasana :
Corpse Pose



Pranayama :
Ujjayi I & II