Powtanie Słońca A | Surya Namaskar A

Powtanie Słońca B | Surya Namaskar B

Powtanie Słońca B | Surya Namaskar B

Padangushtasana Padahastasana Trikonasana A Trikonasana B Parsvakonasana A

Parsvakonasana B Parsarita paddottanasana A, B, C, D Parsvottanasana

Utthita hasta padangushtasana Ardha baddha padmottanasana

Utkatasana

Virabhadrasana A Virabhadrasana B

Dandasana Paschimottanasana A, B, C Purvottanasana Ardha baddha padma paschimottanasana

Triangmukha ekapada paschimottanasana Janu sirsasana A Janu sirsasana B Janu sirsasana C

Marichyasana A Marichyasana B Marichyasana C Marichyasana D Navasana Lolasana

Bhujapidasana Kurmasana Supta kurmasana Garbha pindasana Kukkutasana Baddha konasana

Upavista Konasana A, B Supta Konasana Supta Hasta Padangusthasana Supta Parsvasahita

Chakrasana Ubbaya Padangusthasana Urdhva Mukha Paschimottanasana

Satu Bandhasana Chakrasana Urdhva Dhanurasana Paschimottanasana Salamba Sarvangasana Halasana Karna Pidasana

Urdhva Padmasana

Pindasana

Matsyasana

Uttana Padasana

Chakrasana

Sirsana

Urdhva Dandasana A

Balasana

Baddha padmasana

Yoga mudra

Padmasana

Uthpluthi

Savasana

Przejście między pozycjami \ Vinyasa