

STANDING ASANAS 1/2

Padangusthasana



Pada Hastasana



Samasthitih



Utthita Trikonasana A



Utthita Trikonasana B



Utthita Trikonasana B



Utthita Trikonasana B



Samasthitih



Utthita Parsvakonasana A



Utthita Parsvakonasana B



Samasthitih



Prasarita Padottanasana A



Prasarita Padottanasana B



Prasarita Padottanasana C



Prasarita Padottanasana D



Samasthitih



Parsvottanasana



Samasthitih



Utthita Hasta Padangusthasana (right)



Utthita Hasta Padangusthasana (left)



Samasthitih



Ardha Baddha Padmottanasana



Samasthitih

