



## SEQUENCE for Acquaintance #2 from *Basic Guidelines*

### Uttistha Sthiti

Uttanasana :  
Intense Stretch Pose



Adho Mukha Svanasana :  
Downward Facing Dog Pose



Parsvottansana :  
Intense Stretch of the  
Side Body Pose



Prasarita Padottanasana :  
Wide Apart Feet Intense Stretch Pose



Uttanasana :  
Intense Stretch Pose



Padangusthasana :  
Big Toe Pose

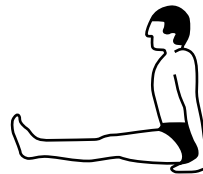


Adho Mukha Svanasana :  
Downward Facing Dog Pose



### Upavistha Sthiti

Dandasana :  
Staff Pose



Urdhva Hasta  
Dandasana :  
Upward Hands  
in Dandasana



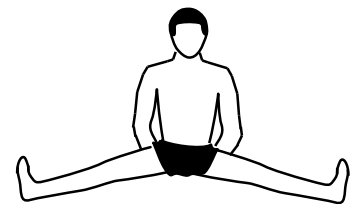
Padangustha Dandasana :  
Holding Big Toes in Dandansana



Baddha Konasana :  
Bound Angle Pose



Upavistha Konasana :  
Seated Angle Pose



Padangustha Upavistha Konasana :  
Holding Big Toes Seated Angle Pose



Svastikasana:  
Simple Cross Legged Pose



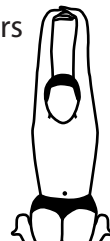
Parvatasana :  
Binding Fingers  
overhead  
in Svastikasana



Virasana :  
Hero's Pose



Parvatasana in Virasana :  
Binding Fingers  
Overhead  
in  
Virasana



Gomukhasana :  
Cow Face Pose





## SEQUENCE for Acquaintance #2 from *Basic Guidelines* - p.2

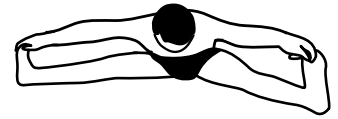
Triang Mukhaikapada  
Paschimottanasana :  
3 Limbs Facing One Leg Intense  
Stretch of the Back Body



Marichyasana 1 :  
Pose Dedicated to Sage Maricy



Upavistha Konasana :  
Seated Angle Pose



Paschimottanasana :  
Intense Stretch of the Back  
Body Pose



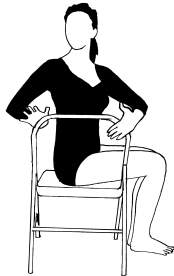
**Parivrtta Sthiti**  
Bharadvajasana I :  
Sage Bharadvaja's Pose



Bharadvajasana II :  
Sage Bharadvaja's Pose



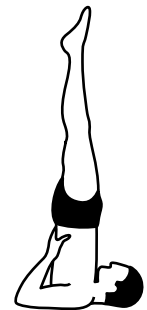
Bharadvajasana on a chair :  
Pose dedicated to Sage  
Bharadvaja



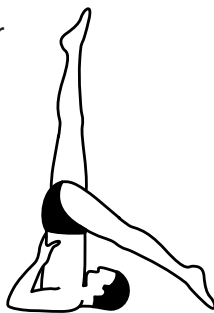
**Viparita Sthiti**  
Salamba Sirsasana :  
Supported Head Stand



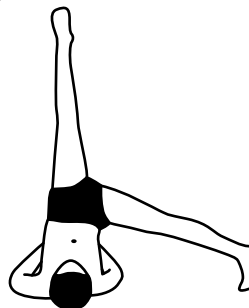
Salamba Sarvangasana :  
Supported Shoulder  
Stand



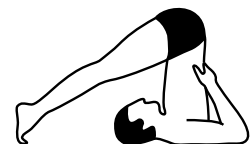
Eka Pada Sarvangasana :  
One Leg  
Shoulder  
Stand



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

