



1 Uttanasana



2 Prasarita Padottanasana



3 Adhomukha Svanasana



4 Adhomukha Svanasana



5 Salamba Sirsasana



6 Viparita Dandasana



7 Viparita Dandasana



8 Supta Baddhakonasana



9 Supta Virasana



10 Setubandha Sarvangasana



11 Halasana



12 Salamba Sarvangasana



13 Halasana



14 Setubandha Sarvangasana



15 Viparita Karani



16 Viloma 2 Pranayama/  
Savasana