

Hatha Yoga Sequence



Sukhasana Variation Side

Bend



Parivrtta Sukhasana



Bitilasana



Marjaryasana



Tadasana



Virabhadrasana I



Virabhadrasana II



Vrksasana



Adho Mukha Svanasana



Phalakasana



Urdhva Mukha Svanasana



Ustrasana



Paschimottasana



Baddha Konasana



Ardha Matsyendrasana

Variation Hand Up



Salamba Bhujangasana



Ardha Kapotasana



Setubandha Sarvangasana



Viparita Karani Variation



Halasana



Savasana

