



1. Tadasana



2. Urdhva
hastasana



3. Uttanasana



4. Ashwa
sanchalanasana



5. Adho mukha
shvanasana



6. Ashtanga
namaskara



7. Bhujangasana



8. Adho mukha
shvanasana



9. Ashwa
sanchalanasana



10. Uttanasana



11. Urdhva
hastasana



12. Tadasana