



Step 1



Pranamiasana
(Prayer pose)

Step 2



Hastauttanaisana
(Raised Arms pose)

Step 3



Hasta Padangasana
(Hand to Foot pose)

Step 4



Ashwa Sanchalanaisana
(Equestrian pose)

Step 5



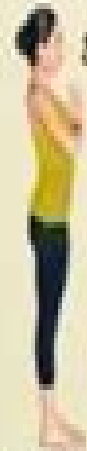
Dandaisana
(Stick pose)

Step 6



Ashtanga Namaskara
(Salute With Eight Parts Or Points)

Step 12



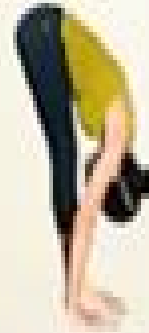
Pranamiasana
(Prayer pose)

Step 11



Hastauttanaisana
(Raised Arms pose)

Step 10



Hasta Padangasana
(Hand to Foot pose)

Step 9



Ashwa Sanchalanaisana
(Equestrian pose)

Step 8



Parvatasana
(Mountain pose)

Step 7



Bhujangaisana
(Cobra pose)

Yoga Guide Step By Step

Daren Callahan



Yoga Guide Step By Step:

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Teaching Yoga Mark Stephens,2011-09-06

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