Tadasana

 Urdhva Hastasana

 Urdhva Baddhanguliasana

Namaskar / Urdhva Namaskar

Vriksasana,

Utthita Trikonasana

Virabhadrasana II

 Parsvottanasana

Prasarita Padottanasana

Adho Mukha virasana

Dandasana / Urdhva Hasta Dandasana

Bharadvajasana avec chaise

Supta Tadasana

Ekapada pavanamuktasana

Supta Baddha konasana

 Savasana