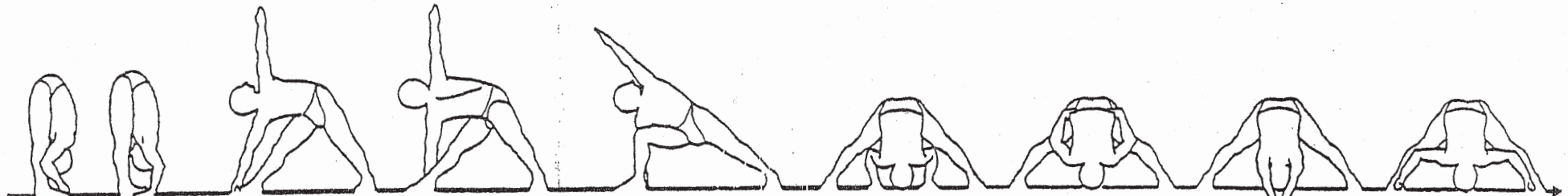


# STANDING ASANAS



**PADANGUSTHASANA**  
**PADAHASTASANA**  
 Padhagra

**UTHITA**  
**TRIKONASANA A**  
 Hastagra

**B**  
 Hastagra

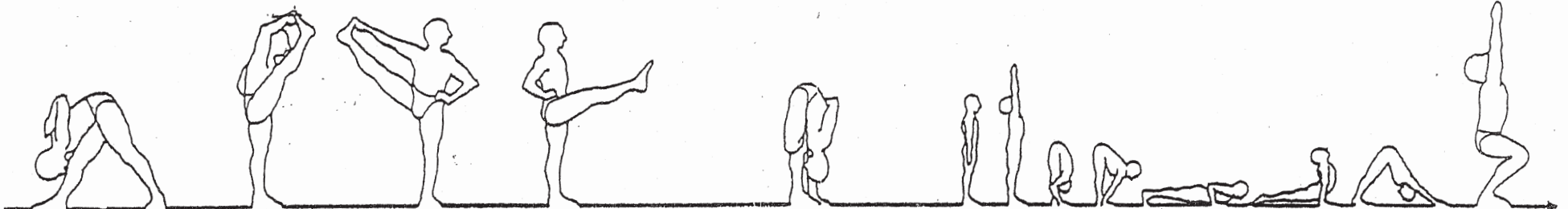
**UTHITA**  
**PARSWAKONASANA**  
 Hastagra

**PRASARITHA PADOTHANASANA**  
**B**  
 Nasagra

**C**  
 Nasagra

**C**  
 Nasagra

**D**  
 Nasagra



**PARSWOTHANASANA**  
 Padhagra

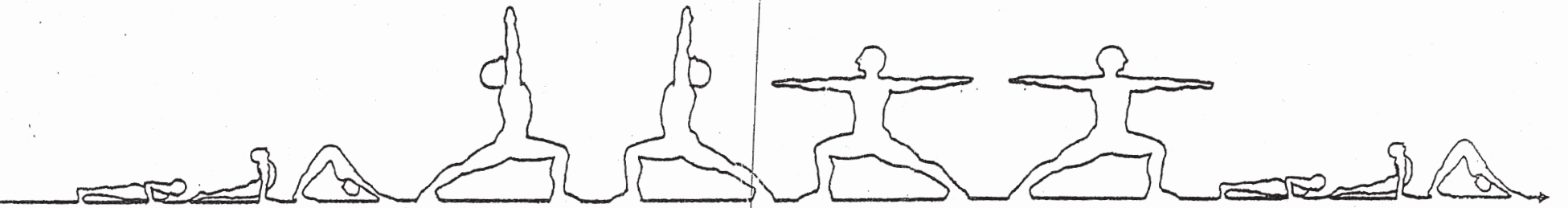
**UTHITA HASTA**  
**PADANGUSTASANA**  
 Parsva  
 Padhagra

Padhagra

**ARDHABADDHA**  
**PADMOTHASANA**  
 Padhagra

**START SURYANAMASKAR A**

**UTHKATASANA**  
 Urdhua



**VEERABHADRASANA**  
**A**

Right side  
 Urdhva

Left side  
 Urdhva

**VEERABHADRASANA**  
**B**

Left side  
 Hastagra

Right side  
 Hastagra

Jump through to  
**PASHIMATANASANA**