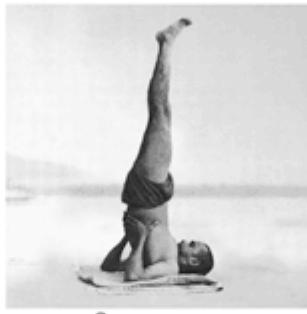


## SIVANANDA YOGA

12 basic asanas



Sirshasana



Sarvangasana



Halasana



Matsyasana



Paschimothanasana



Bhujangasana



Salabhasana



Dhanurasana



Ardha Matsyendrasana



Kakasana



Pada Hasthasana



Trikonasana

Initial relaxation

**8–10 sun salutations**

Relaxation

**Single leg raises**

Relaxation

**Double leg raises**

Relaxation

**Headstand (Sirshasana)**

Relaxation

**Shoulderstand**

**(Sarvangasana)**

**Plough (Halasana)**

Relaxation

**Fish (Matsyasana)**

Relaxation

**Forward bend**

**(Paschimothanasana)**

Relaxation

**Cobra (Bhujangasana)**

Relaxation

**Locust (Salabhasana)**

Relaxation

**Bow (Dhanurasana)**

Relaxation

**Half spinal twist (Ardha Matsyendrasana)**

Child's pose

**Crow (Kakasana)**

Child's pose

**Standing forward bend**

**(Pada Hasthasana)**

**Triangle (Trikonasana)**

70 min

## 9 advanced asanas



Sarvangasana



Karna Peedasana



Kurmasana



Bhujangasana



Poorna Dhanurasana



Vrischikasana



Kapotasana



Poorna Matsyendrasana



Mayoorasana