

L a n g a n a

Cooling

Heating

Basic Relaxation Pose (Savasana)

Child's Pose (Balasana)

Supine Spinal Twists

Seated Spinal Twists

Seated Forward Bends

Standing Forward Bends

Triangle Pose (Trikonasana)

Half Moon Pose (Ardha Chandrasana)

Plow Pose (Halasana)

1/2 Shoulderstand (Ardha Sarvangasana)

Shoulderstand (Sarvangasana)

Headstand (Sirsasana)

Tree Pose (Vrksasana)

Prone Backbends (Cobra, Locust)

Bridge (Setu Bandha Sarvangasana)

Chair Pose (Utkatasana)

Warrior Poses (Virabhadrasana 1, 2 & 3)

Boat Poses (Navasana)

Inclined Plane (Purvottanasana)

Bow Pose (Dhanurasana)

Locust (Salabhasana)

Upward Bow (Urdva Dhanurasana)

Handstands and Arm Balances

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