

Level IA Basic Standing Pose Practice



Tadasana



Utthita
Trikonasana



Utthita
Parsvakonasana



Virabhadrasana I



Virabhadrasana II



Half Uttanasana



Parsvottanasana



Prasarita
Padottanasana



Supta Pavana
Muktasana



Dwi Pada Pavana
Muktasana



Vajrasana



Parvatasana



Yoga
Mudrasana



Urdva Prasarita
Padasana



Setubandha
Sarvangasana*



Yoga Mudrasana
in Swastikasana



Viparita Karani



Savasana

*If you practice Salamba Sarvangasana, do so before Setubandha Sarvangasana