



1| Pranayama



2| Ardha-Chandrasana



3| Utkatasana



4| Garbhāsana



5| Dandayamāna-Janushāsana



6| Dandayamāna-Chakrasana



7| Tulāsīdāsana



8| Dandayamāna-Bhāratasūrya-Pāshchimōtthāsana



9| Trikōṅgāsana



10| Dandayamāna-Bhāratasūrya-Janushāsana



11| Tālāsana



12| Pādmasūryāsana



13| Sarsāngāsana



14| Pīpāsānāsana



15| Śīrṣāpāda



16| Bhujangāsana



17| Śālāsana



18| Pūrva-Śālāsana



19| Chakrasana



20| Supta-Vajrasana



21| Ardha-Kurmasana



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24| Janushāsana Jui Pāshchimōtthāsana



25| Ardha-Mālyāyandrasana



26| Khayabālī

# Basic Asanas

**Alice Feinstein**



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