

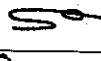








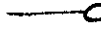

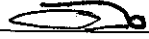





































Level 1 Led Practice Syllabus

Adho Mukha Svanasana (AMS) 	Parsvottanasana 
Adho Mukha Virasana 	Paschimottanasana 
Baddha konasana 	Purvottanasana 
Baddha konasana in Sarvangasana 	Salabhasana 
Bharadvajasana 1 	Salamba Sarvangasana 
Bharadvajasana chair 	Savasana 
Bujangasana 	Setu Bandha Sarvangasana - 2 bolsters 
Chaturunga Dandasana 	Supta Baddha Konasana 
Chatush Padasana 	Supta padangusthasana 1 SP-2 SP-3 
Chatush Padasana Chair 	Supta Swastikasana arms over 
Dandasana 	Swastikasana twist 
Dhanurasana 	Tadasana 
Gomukasana 	Triang Mukhaikapada Paschimottanasana 
Gomukhasana in Virasana 	Trikonasana 
Garudasana 	Upavistha Konasana 
Garudasana in Virasana 	Urdhva Baddhangullyasana 
Janu Sirsasana 	Urdhva Hasta dandasana 
Jathara parivartanasana 	Urdhva Hastasana 
Marichyasana 1 	Urdhva Prasarita Padasana 
Marichyasana 3 	Utkatasana 
Prasarita Padottanasana 	Uttanasana 
Padangustha Dandasana 	Vasisthasana 
Parsvakonasana 	Virabhadrasana 1 
Parsva Upavistha Konasana 	Virabhadrasana 2 
Parvatanasana in Virasana 	Vriksasana 