


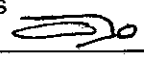



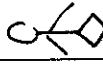
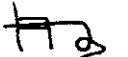








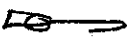

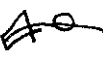













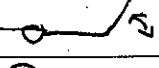




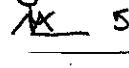











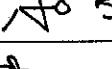














Level 2 Led Practice Syllabus

Adho mukha swastikasana 	Savasana 
Adho mukha svanasana 	Setu bandha sarvangasana on bolsters 
Adho mukha virasana 	Siddhasana 
Ardha chandrasana 	Supta baddha konasana 
Ardha halasana 	Supta konasana 
Ardha Matsyendrasana I 	Supta padangusthasana I 
Baddha konasana in sarvangasana 	Supta padangusthasana II 
Baradvajasana I 	Supta swastikasana arms over head 
Baradvajasana II 	Supta virasana 
Chatushpadasana 	Svastikasana fwd 
Dandasana 	Svastikasana twist 
Dhanurasana 	Tadasana 
Dvi pada viparita dandasana 	Triangmukhaikapada Paschimottanasana 
Eka pada sirsasana 	Upavistha konasana 
Eka pada salabhasana 	Upavistha konasana in sarvangasana 
Eka pada sarvangasana 	Urdhva Dhanurasana 
Garudasana 	Urdhva prasarita padasana 
Garudasana in virasana 	Ustrasana 
Gomukasana in virasana 	Utkatasana 
Marichyasana 1 - Open sided 	Uttanasana 
Marichyasana I 	Utthita hasta padangusthasana 1 
Parighasana 	Utthita hasta padangusthasana 2 
Paripurna Navasana 	Utthita hasta padangusthasana 3 
Parsva sirsasana 	Utthita Trikonasana 
Paschimottanasana 	Utthita Parsvakonasana 
Parivrtta Trikonasana 	Vasisthasana 
Parsvottanasana 	Viparita dandasana 
Parvartasana in Virasana 	Virabhadrasana I 
Prasarita Padottanasana 	Virabhadrasana II 
Salabhasana 	Virabhadrasana III 
Salamba Sirsasana 	Virasana 
Salamba Sarvangasana 	Vriksasana 