

IMPORTANT LEVEL 2 YOGA ASANAS

Practice the asanas as taught in class. Use props as taught in class.
Some asanas were taught as modified versions of the illustrated asanas shown below.



Virabhadrasana III
(Warrior)



Parivrtta Trikonasana
(Revolved Triangle)



Parivrtta Parsvakonasana
(Revolved Side Angle)



Utthita Hasta
Padangusthasana
(Extended Hand to Big
Toe)



Marichyasana III
(Marichi's pose)



Ardha Matsyendrasana I
(Half Lord of the Fishes)



Upavista Konasana
(Seated Angle)



Parivrtta Janu
Sirsasana
(Revolved Knee
Head)



Ardha Baddha Padma
Paschimottasana
(Half Bound Lotus Intense
Western Extension)



Jathara Parivartanasana
(Belly Turning)



Paripurna Navasana
(Boat)



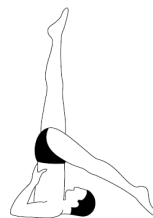
Urdhva Prasarita Padasana
(Upward Extended Legs)



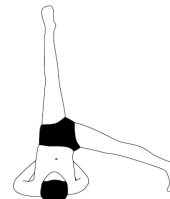
Adho Mukha Vrksasana
(Downward Facing
Tree)



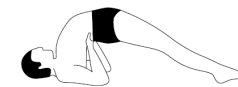
Pincha Mayurasana
(Feather of Peacock)



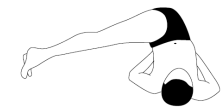
Eka Pada Sarvangasana
(One Leg Shoulder Balance)



Parsva Eka Pada
Sarvangasana
(Side One Leg Shoulder
Balance)



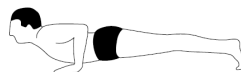
Setu Bandha Sarvangasana
(Supported Bridge)



Parsva Halasana
(Side Plow)



Karnapidasana
(Ear Pressure)



Chaturanga
Dandasana
(4 Limb Staff)



Urdhva Mukha Svanasana
(Upward Facing Dog)



Dhanurasana
(Bow)



Ustrasana
(Camel)



Urdhva Dhanurasana
(Upward Bow)