



YOGA SANGRAHA

Level 1

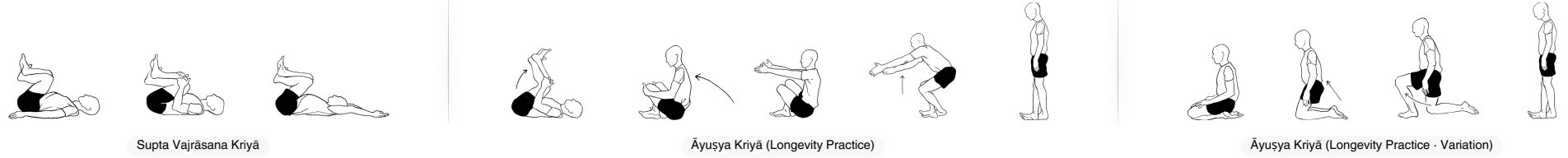
YOGA SANGRAHA

Level 1

Taḍāgī Mudrā & Pavanamuktāsana Kriyā



Supta Vajrāsana & Āyusya Kriyā

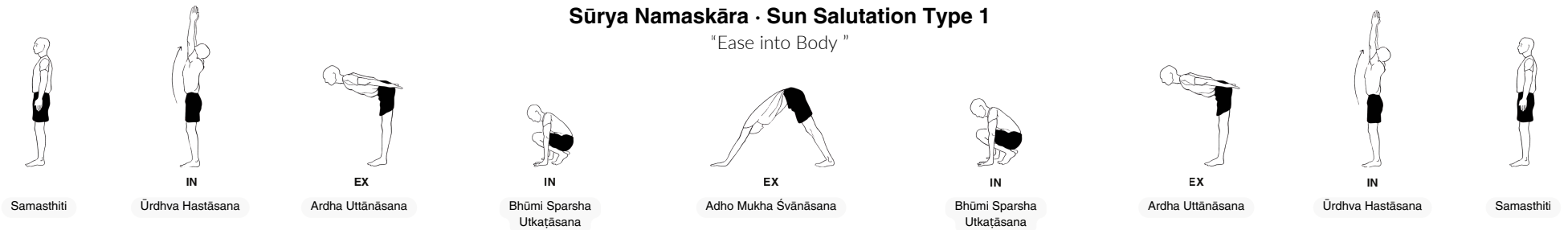


Pañca Merudaṇḍa Kriyā



Sūrya Namaskāra · Sun Salutation Type 1

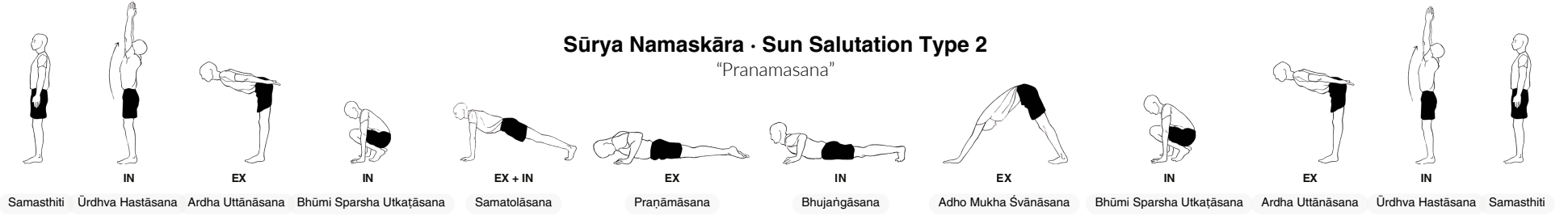
"Ease into Body "



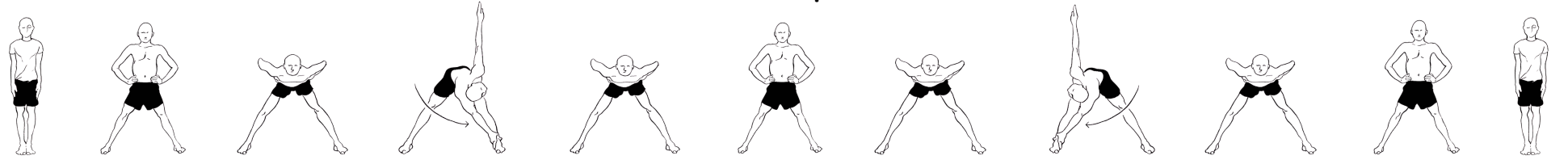
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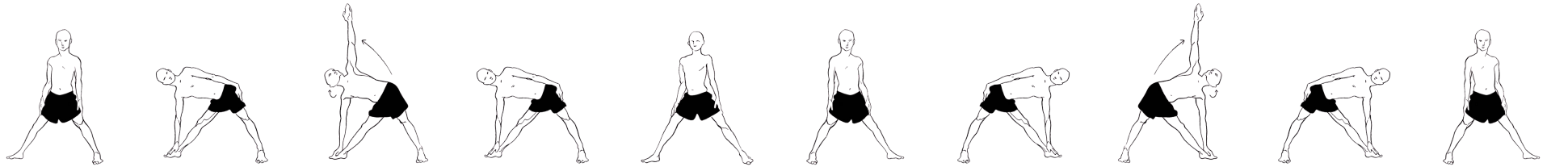
Sūrya Namaskāra · Sun Salutation Type 2 "Pranamasana"



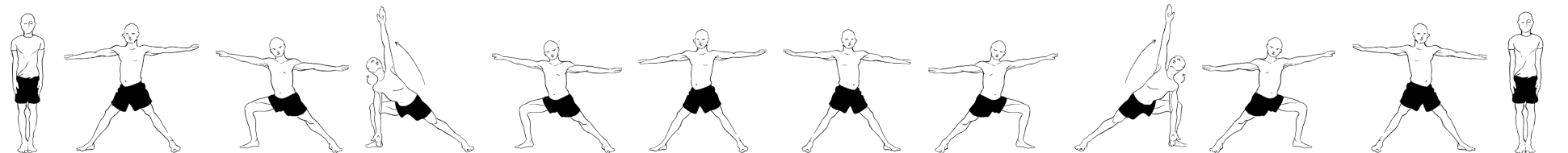
Vimukha Trikoṇāsana



Utthita Trikoṇāsana



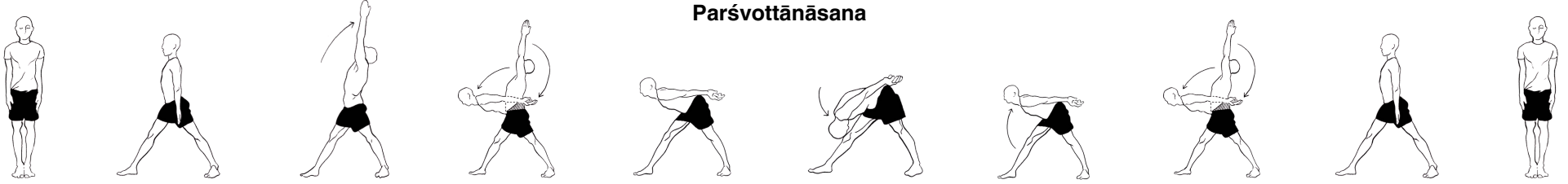
Parśvakoṇāsana



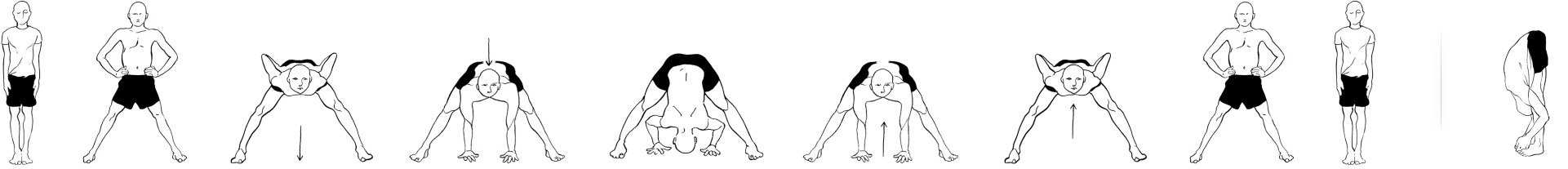
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Level 1

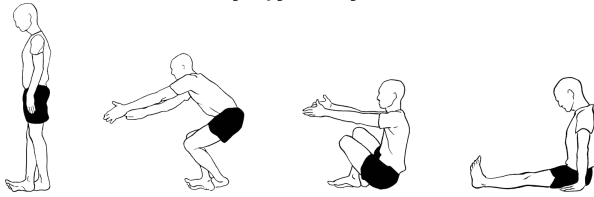
Parśvottānāsana



Prasārita Pādottānāsana & Pādāṅguṣṭhāsana

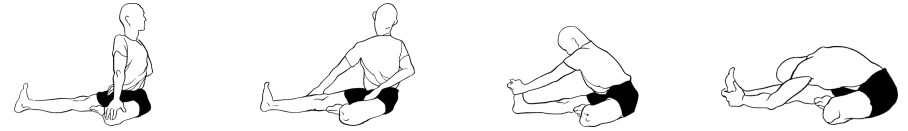


Āyusya Kriyā



Āyusya Kriyā (Longevity Practice)

Mahāmudrā Krama



Janu Śīrṣāsana Twist

Janu Śīrṣāsana Twist 2

Mahāmudrā

Janu Śīrṣāsana

Daṅḍāsana Krama



Daṅḍāsana

Ūrdhva Hastā Daṅḍāsana

Kathorasana

Kathorasana

Mahāmudrā in Paścimattānāsana

Paścimattānāsana

Purvottānāsana

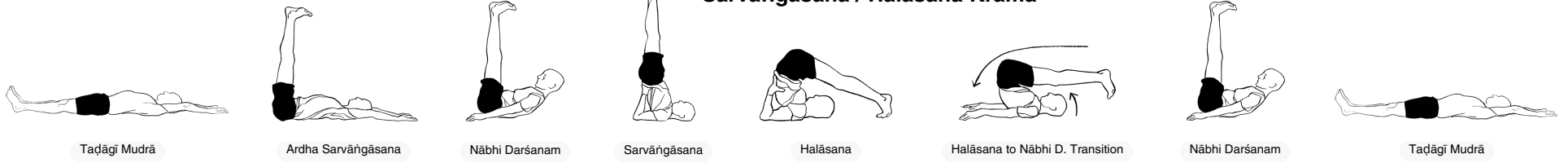
Purvottānāsana

Daṅḍāsana

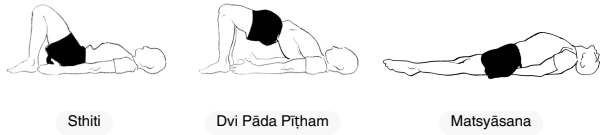
YOGA SANGRAHA

Level 1

Sarvāṅgāsana / Halāsana Krama



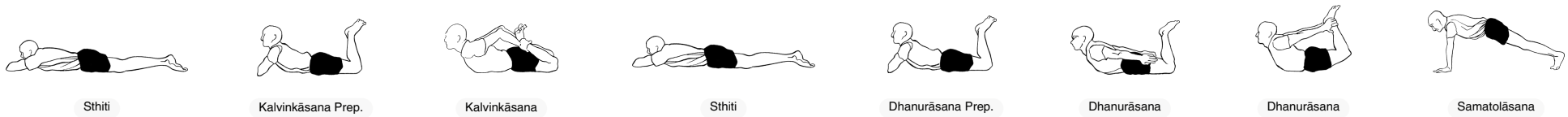
Matsyāsana Krama



Bhujaṅgāsana Krama



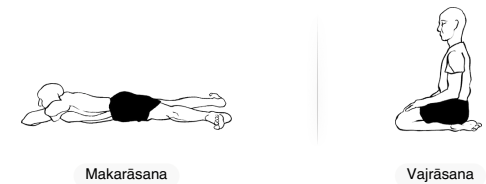
Dhanurāsana / Kalvinkāsana Krama



Śalabhāsana Krama



Makarāsana



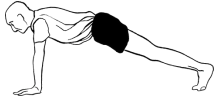
YOGA SANGRAHA

Level 1

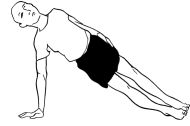
Samatolāsana Krama



Mājryāsana



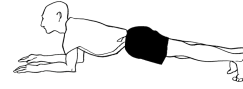
Samatolāsana



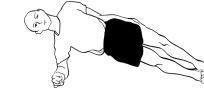
Pārśva Samatolāsana



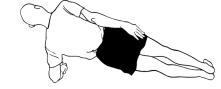
Pārśva Samatolāsana



Pincha Samatolāsana



Pārśva Pincha Samatolāsana



Pārśva Pincha Samatolāsana

Śīrṣāsana Krama



Ardha Śīrṣāsana



Śīrṣāsana



Śaśāṅkāsana



Kotilasana



Ūrdhva Hastā Vajrāsana

Bhadrāsana



Yoga Mudrā Krama



Sukhāsana
Baddha Padmāsana



Yoga Mudrā A



Yoga Mudrā B



Sukhāsana
Baddha Padmāsana



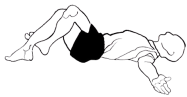
Akashi Mudra

Prāṇāyāma



Kapālabhāti Kriyā,
Nāḍī Śuddhi & Brāhmari

Supta Garuḍāsana Twist and Śavāsana



right leg crosses over twist to the left



left leg crosses over twist to the right



Śavāsana



YOGA SANGRAHA

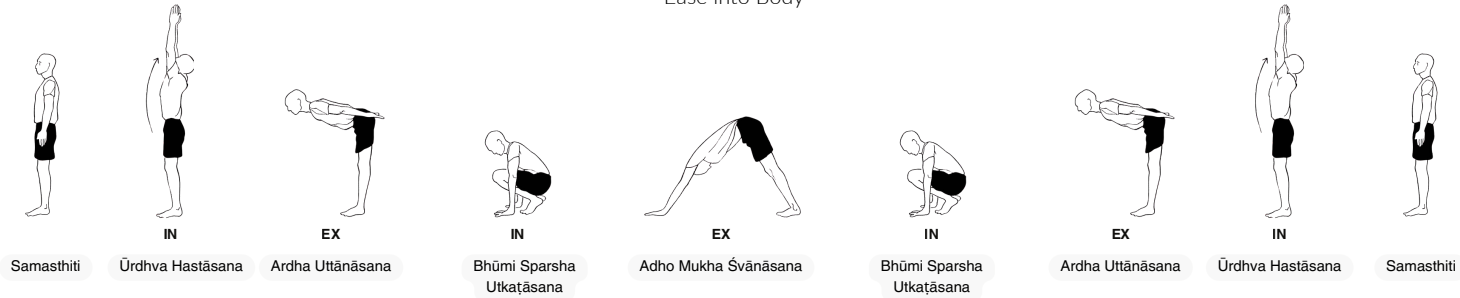
Sūrya Namaskārah & Daṇḍāh

YOGA SANGRAHA

Sun Salutations Slide

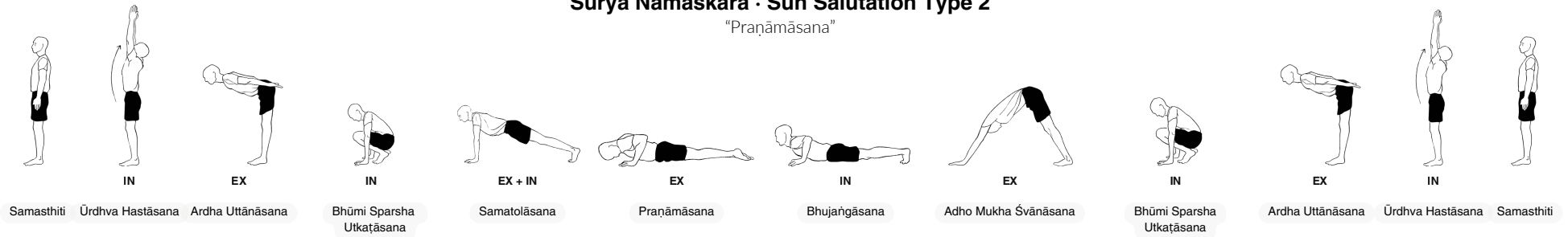
Sūrya Namaskāra · Sun Salutation Type 1

“Ease into Body”



Sūrya Namaskāra · Sun Salutation Type 2

“Prajñāmāsana”



Sūrya Namaskāra · Sun Salutation Type 3

“Rising on Toes”

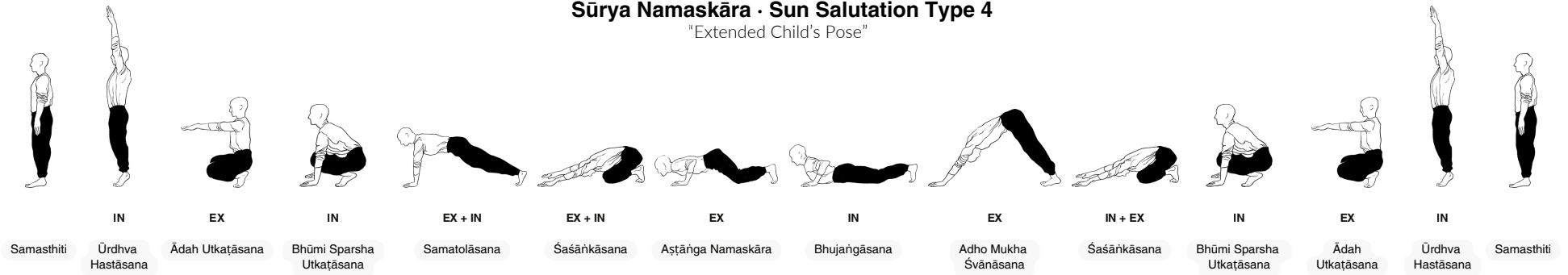


YOGA SANGRAHA

Sun Salutations Slide

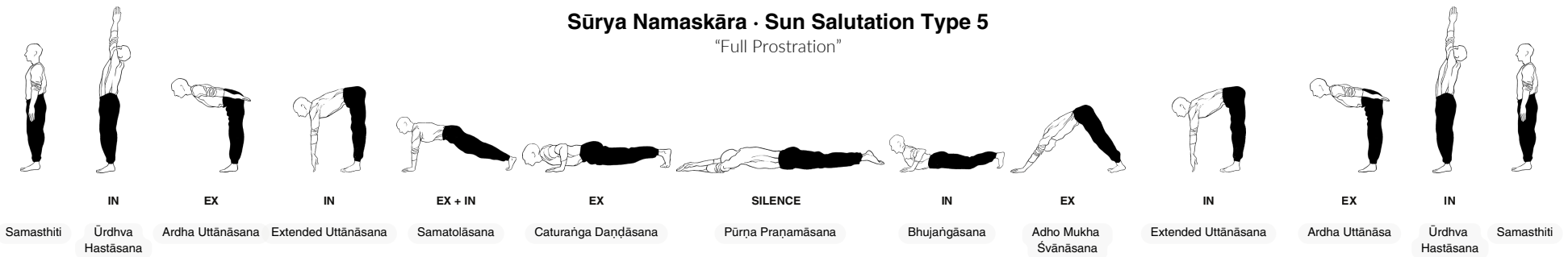
Sūrya Namaskāra · Sun Salutation Type 4

"Extended Child's Pose"



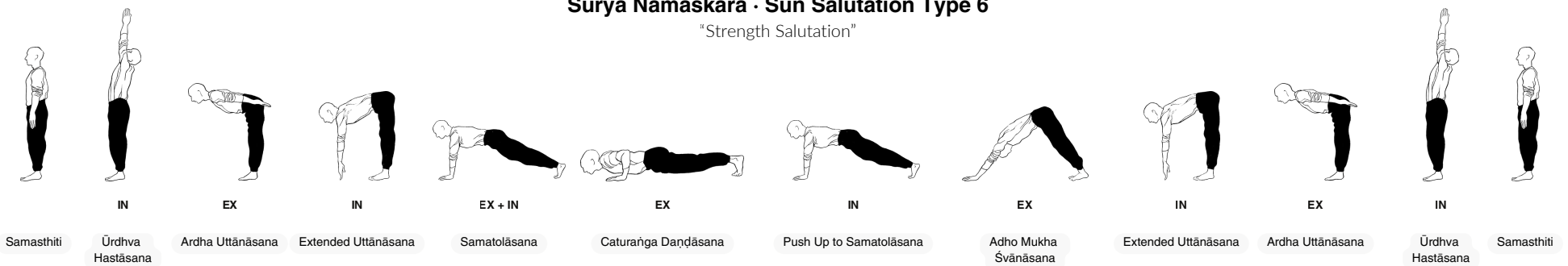
Sūrya Namaskāra · Sun Salutation Type 5

"Full Prostration"



Sūrya Namaskāra · Sun Salutation Type 6

"Strength Salutation"

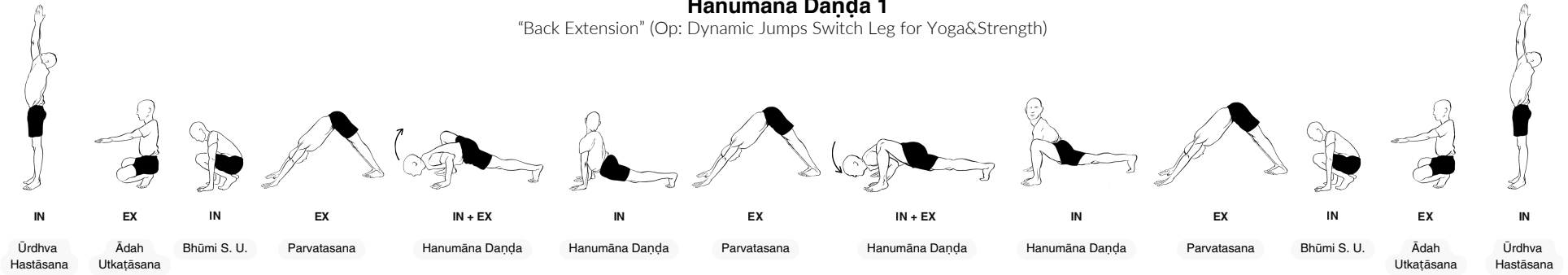


YOGA SANGRAHA

Sun Salutations Slide

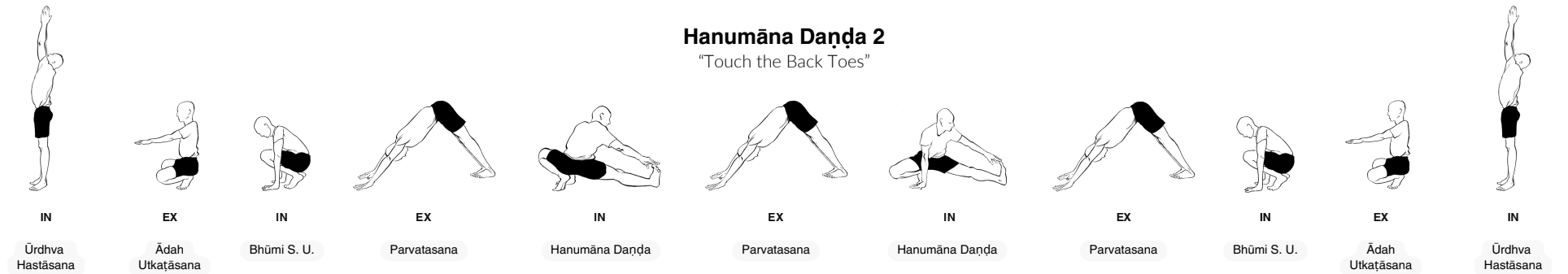
Hanumāna Daṇḍa 1

"Back Extension" (Op: Dynamic Jumps Switch Leg for Yoga&Strength)



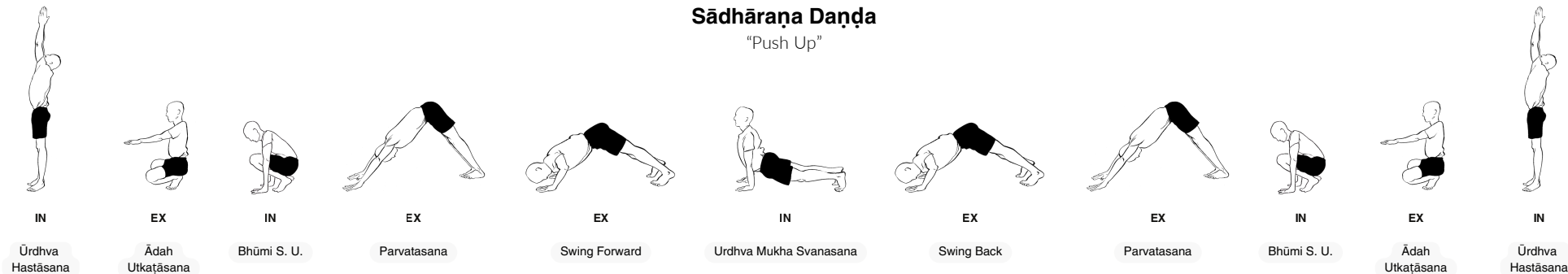
Hanumāna Daṇḍa 2

"Touch the Back Toes"



Sādhāraṇa Daṇḍa

"Push Up"



YOGA SANGRAHA

Sun Salutations Slide

Ardha Cakra Daṇḍa

"Step the leg through"

IN EX IN EX IN EX IN EX IN EX IN

Ūrdhva Hastāsana Ādah Utkaṭāsana Bhūmi S. U. Parvatasana Ardha Cakra Daṇḍa Parvatasana Ardha Cakra Daṇḍa Parvatasana Bhūmi S. U. Ādah Utkaṭāsana Ūrdhva Hastāsana

Ekapāda Daṇḍa

IN EX IN IN EX IN EX EX IN EX IN EX IN

Ūrdhva Hastāsana Ādah Utkaṭāsana Bhūmi S. U. Eka Pada Adho M. Ekapāda Caturaṅga D. Urdhva Mukha Svanasana Parvatasana Ekapāda Caturaṅga D. Urdhva Mukha Svanasana Parvatasana Bhūmi S. U. Ādah Utkaṭāsana Ūrdhva Hastāsana

Kapota Daṇḍa

"Pigeon Pose"

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Ūrdhva Hastāsana Ādah Utkaṭāsana Bhūmi S. U. Parvatasana Raja Kapota Daṇḍa Parvatasana Raja Kapota Daṇḍa Parvatasana Bhūmi S. U. Ādah Utkaṭāsana Ūrdhva Hastāsana

Yoga Education Collective is:

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Eddie Stern
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