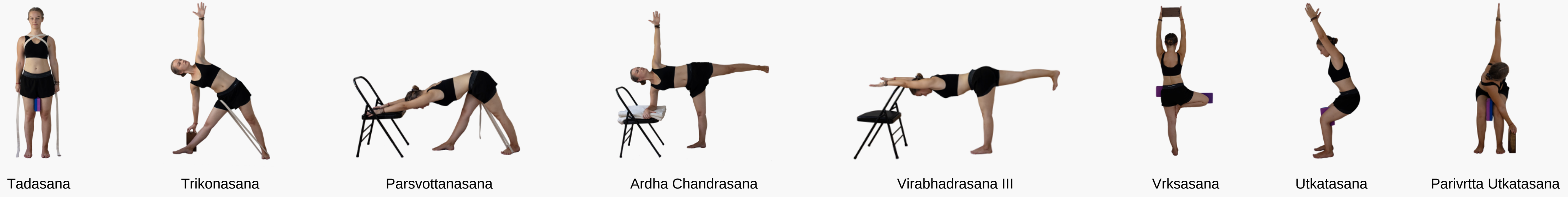


HATHA YOGA BASIC PRACTICE CHART

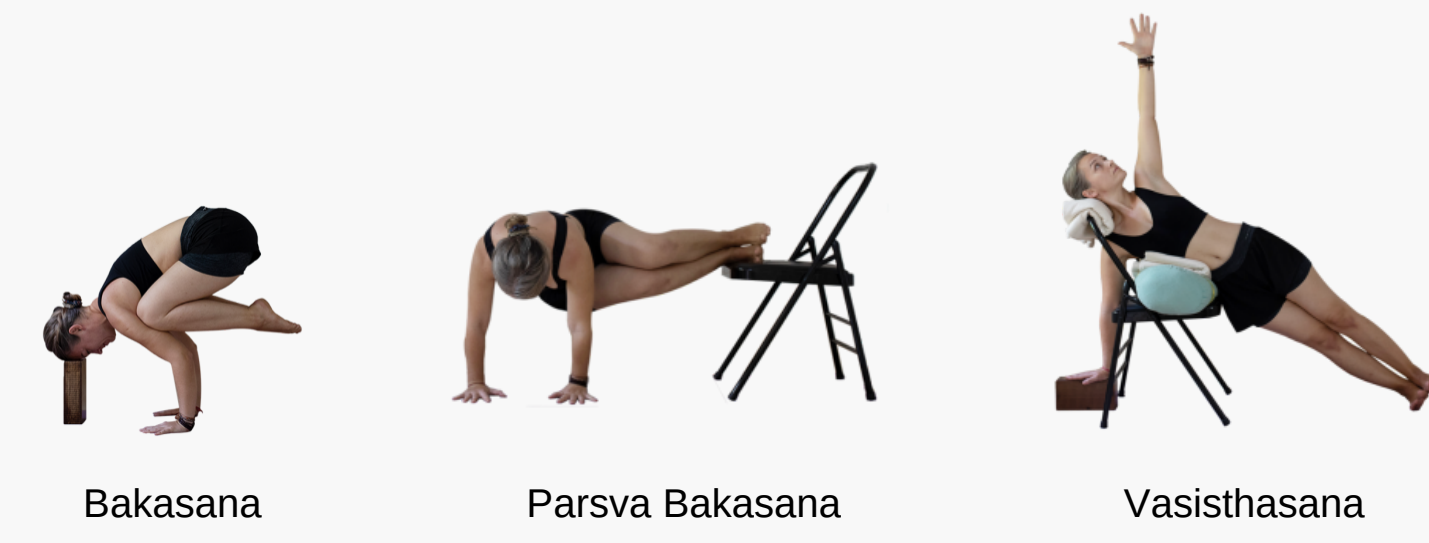
Traditional Sun Salutation



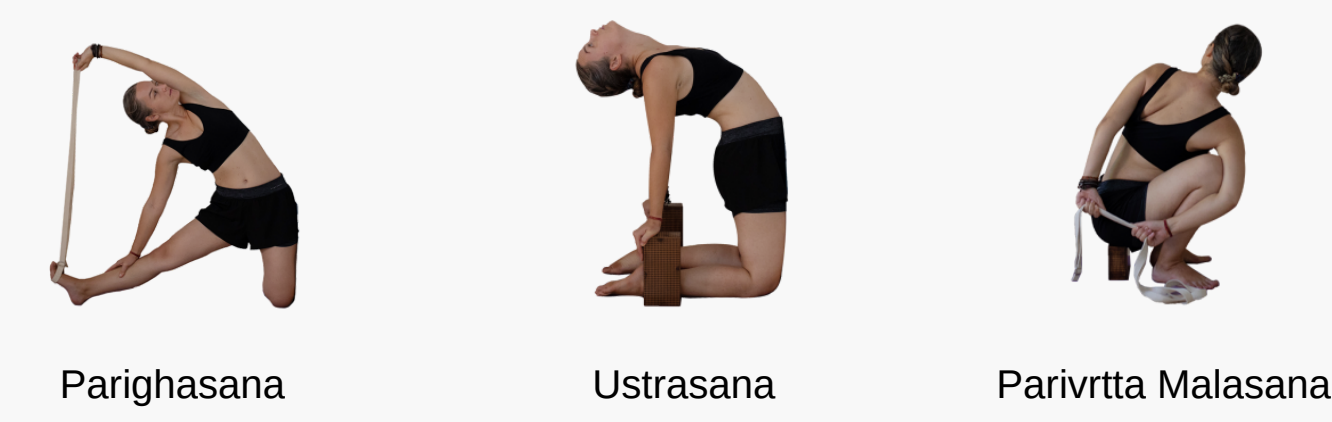
Standing Asanas



Arm Balances



Kneeling Asanas



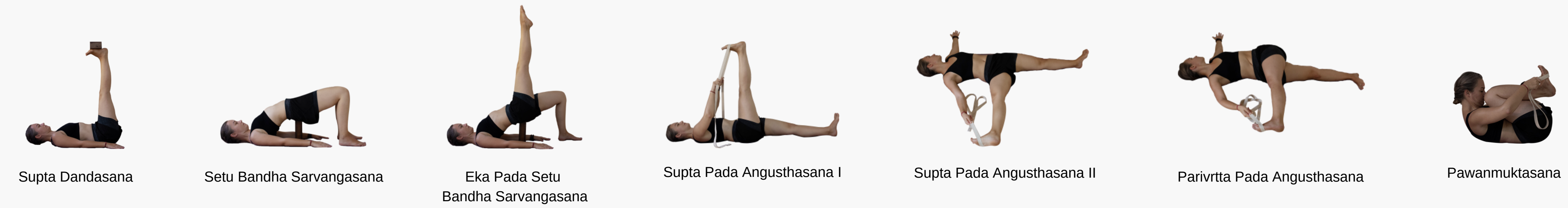
Seated Asanas



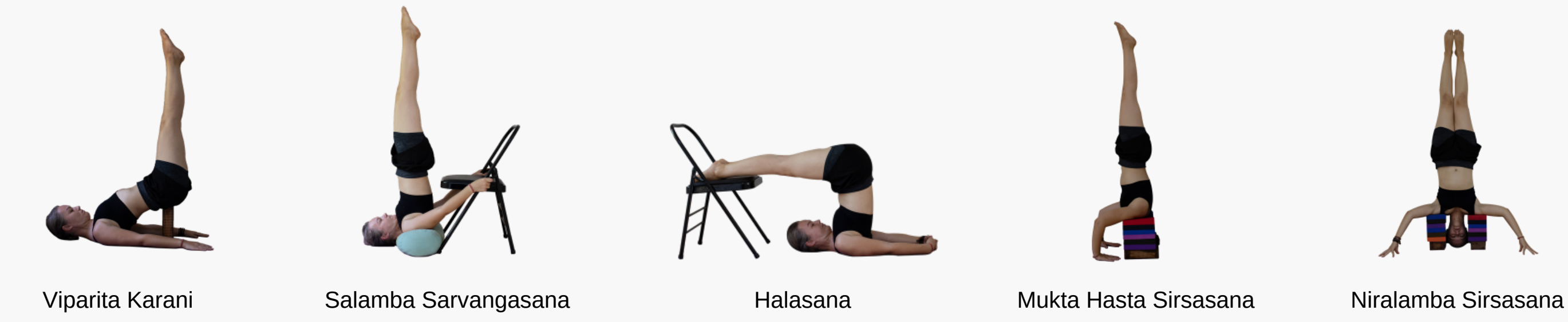
Prone Asanas



Supine Asanas



Inversions



Restorative Asanas

