

## Meditative Yoga

Sequence of Asanas for Session 1

By Babita Kapoor

1



**Adho Mukha Svanasana**  
Downward-Facing Dog

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2



**Tadasana**  
Mountain Pose

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3



**Virabhadrasana I**  
Warrior I Pose

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4



**Utthita Trikonasana**  
Extended Triangle Pose

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5





**Vrksasana**  
Tree Pose

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6



**Adho Mukha Svanasana**  
Downward-Facing Dog

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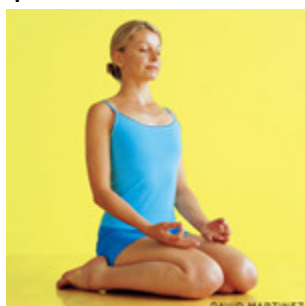


7



**Virasana**  
Hero Pose

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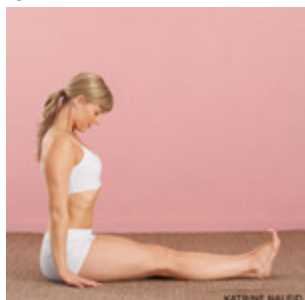


8



**Dandasana**  
Staff Pose

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9



**Baddha Konasana**  
Bound Angle Pose

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10



**Gomukhasana**  
Cow Face Pose

---

11



**Paripurna Navasana**  
Full Boat Pose

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12



**Bhujangasana**  
Cobra Pose

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13



**Janu Sirsasana**  
Head-to-Knee Forward Bend

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14



**Setu Bandha Sarvangasana**  
Bridge Pose

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15



**Supta Padangusthasana**  
Reclining Big Toe Pose

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16



**Savasana**  
Corpse Pose

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Yoga Journal Sequence Builder, Patent pending