

Meditative Yoga

Yoga Session 2 - Oct 11, 2008

By Babita Kapoor

1



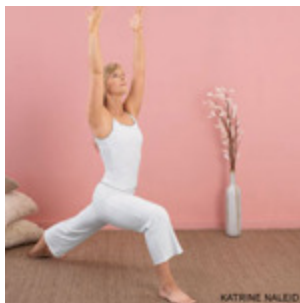
High Lunge, Variation

2



Tadasana
Mountain Pose

3



Virabhadrasana I
Warrior I Pose

4



Utthita Trikonasana
Extended Triangle Pose

5





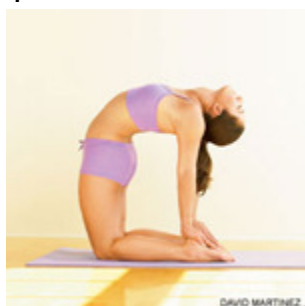
Vrksasana
Tree Pose

6



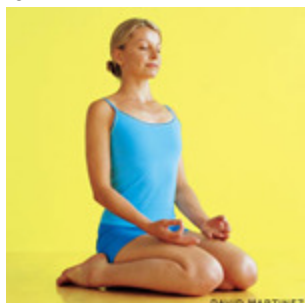
Prasarita Padottanasana
Wide-Legged Forward Bend

7



Ustrasana
Camel Pose

8



Virasana
Hero Pose

9



Janu Sirsasana
Head-to-Knee Forward Bend

10



Gomukhasana
Cow Face Pose

11



Baddha Konasana
Bound Angle Pose

12



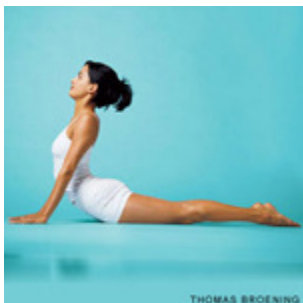
Balasana
Child's Pose

13



Marichyasana III
Marichi's Pose

14



Bhujangasana
Cobra Pose

15



Setu Bandha Sarvangasana
Bridge Pose

16



Savasana
Corpse Pose

Yoga Journal Sequence Builder, Patent pending