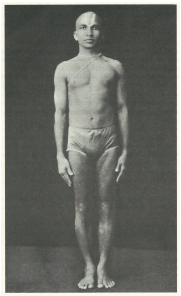
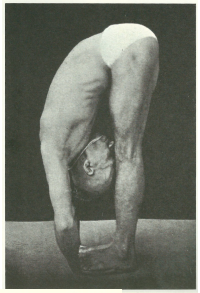
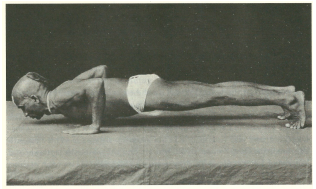
Krishanamcharya's Yoga Makaranda in Ashtanga Primary series order

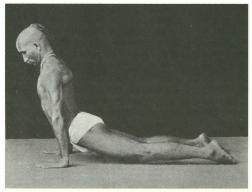




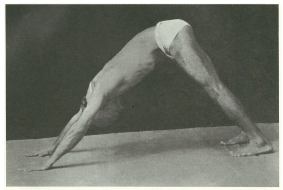
ustāsana



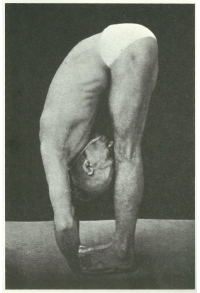
Picture 019 *Caturaṅga-daṇḍāsana - Version 1*



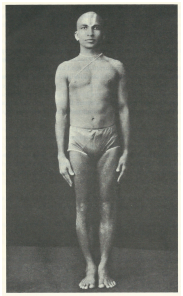
Picture 021 *Ūrdhva-mukha-śvānāsana*



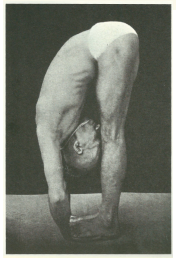
Picture 022 *Adho-mukha-śvānāsana*



Picture 010 *Pādahastāsana*



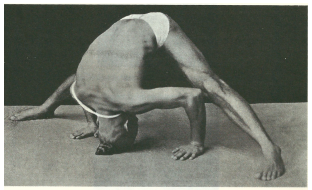
Picture 005 *Yogānanda-samasthiti-āsana* : Front view



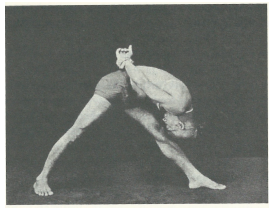
Picture 010 *Pādahastāsana*

Picture 052 *Trikoṇāsana*

Picture 050 *Utthita-pārśvakoṇāsana : Vāma*



Picture 014 *Prāsārita-pāda-uttānāsana*

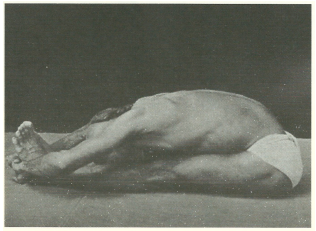


Picture 012 *Pārśva-uttānāsana - Vāma*

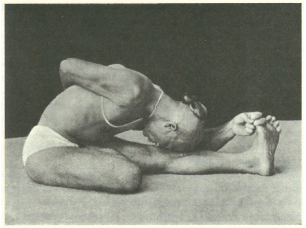
Picture 055 *Utthita-pāda-paścimatānāsana*

Ardha-baddha-padma-uttānāsana

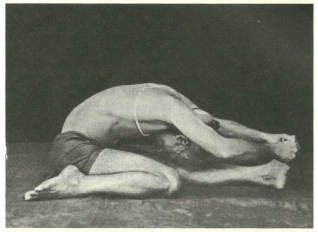
Ardha-baddha-padma-uttānāsana



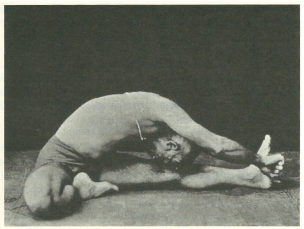
Picture 026 *Adho-mukha-paścimatānāsana - Version 4*



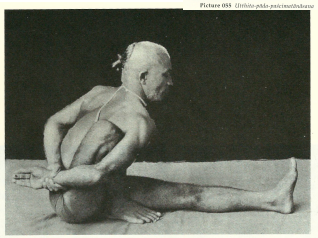
Picture 033 *Ardha-baddha-padma-paścimatānāsana - Dakṣiṇa*



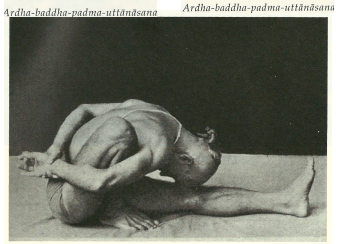
Picture 035 *Tiryaṅ-mukha-dakṣiṇapāda-paścimatānāsana*



Picture 037 *Jānu-śīrṣāsana - Vāma*

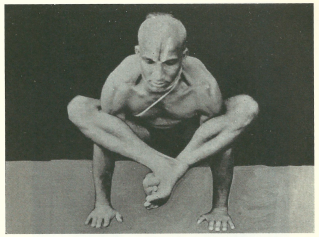


Picture 069 *Marīcyāsana-sannāha-sthiti - Dakṣiṇa*

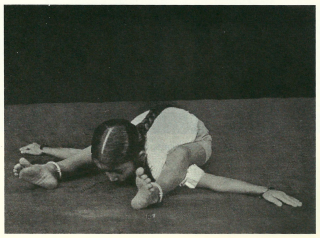


Picture 070 *Marīcyāsana-pari-sthiti - Dakṣiṇa*

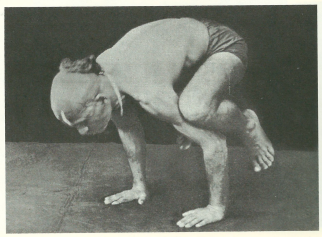
Picture 063 *Paripūrṇa-nāvāsana*



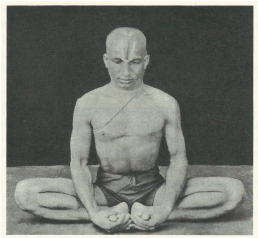
Picture 060 *Bhujapīḍāsana-sthiti - 1*



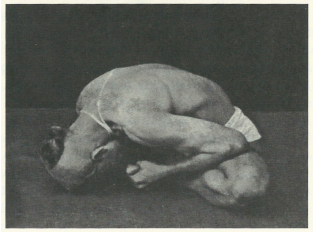
Picture 066 *Kūrmāsana*



Picture 061 *Bhujapīḍāsana-sthiti - 2*



Picture 040 *Baddha-koṇāsana-sthiti*



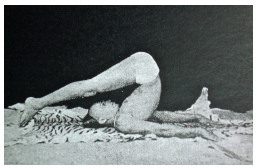
Picture 041 *Baddha-koṇāsana*

Picture 039 *Upaviṣṭa-koṇāsana*

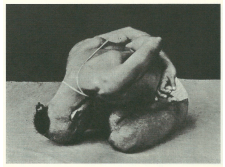
Picture 068 *Supta-koṇāsana*

Picture 045 *Supta-utthita-dakṣiṇapāda-jānu-śīrṣāsana*

Picture 067 *Ubhaya-pādāṅguṣṭhāsana*



Picture 056 *Baddha-padmāsana - Nāsāgra-dṛṣṭi*



Picture 059 *Baddha-padmāsana Yoga-mudrā-sthiti - Version 2*