

## **Level 2 Asana List**

Gomukhasana  
Paripuna Navasana  
Kumbhakasana  
Chaturanga Dandasana  
Urdhva Mukha Svanasana  
Sūrya Nāmaskar A  
Utthina Parsvakonasana  
Parsvottanasana  
Utthita Ardha Chandrasana  
Parivṛtta Ardha Chandrasana  
Virabhadrasana III  
Salamba Sarvangasana  
Adho Mukha Vrksasana  
Salamba Sirsasana Preparation  
Dhanurasana  
Urdhva Dhanurasana  
Janu Sirsasana  
Purvottanasana