

# Level 1 Asana List

Adho Mukha Virasana

Salabhasana

Bhujangasana

Balasana

Bidalasana

Adho Mukha Svanasana

Eka Pada Rajakapotasana

Ashva Sanchalanasana

Uttanasana

Tadasana

Surya Namaskar

Vrksasana

Virabhadrasana I

Trikonasana

Virabhadrasana II

Prasarita Padottanasana

Adho Mukha Vrksasana

Viparita Karani

Salamba Sarvangasana

Setu Bandha Sarvangasana

Matsyasana Variation

Supta Padangustasana

Dandasana

Paschimottanasana

Baddha Konasana

Upavistha Konasana

Ardha Matsyendrasana III

Savasana