

Level 2 Asana List

Gomukhasana

Paripurna Navasana

Kumbhakasana

Chaturanga Dandasana

Urdhva Mukha Svanasana

Surya Namaskar A

Utthita Parsvakonasana

Utthita Ardha Chandrasana

Parivrtta Ardha Chandrasana

Virabhadrasana III

Parsvottanasana

Adho Mukha Vrksasana

Salamba Sirsasana Preparation

Salamba Sarvangasana

Purvottanasana

Dhanurasana

Urdhva Dhanurasana

Janu Sirsasana