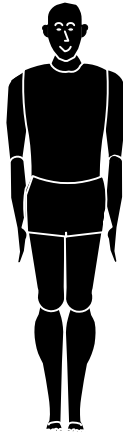


Lesson 2



Sukhasana
hands in Namaste



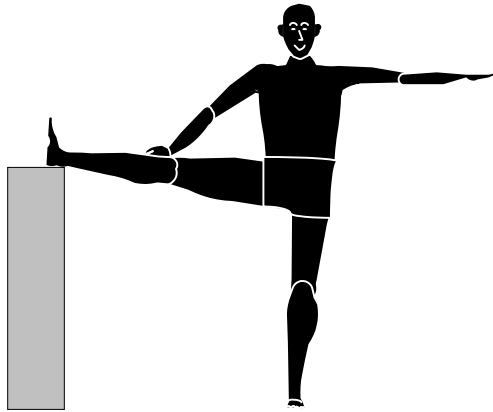
Tadasana



Uttanasana I



Adho Mukha Svanasana



Utthita Hasta Padangusthasana II



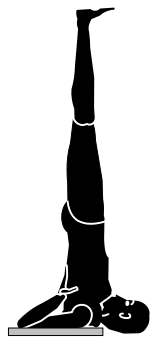
Utthita Trikonasana



Virabhadrasana II



Virasana



Salamba Sarvangasana



Halasana



Paschimottasana



Savasana II

This programme was devised by Alicia Lester based on 'Light on Yoga' and her training at the Ramanamani Iyengar Institute in Pune, India. The figures were produced by Bill Grainger. Only perform the asanas you have been taught by a teacher and are happy doing on your own, as these lessons are only meant to be 'aide memoires', not instructions.