



Yoga
Education
College

YOGA SANGRAHA

Level 1

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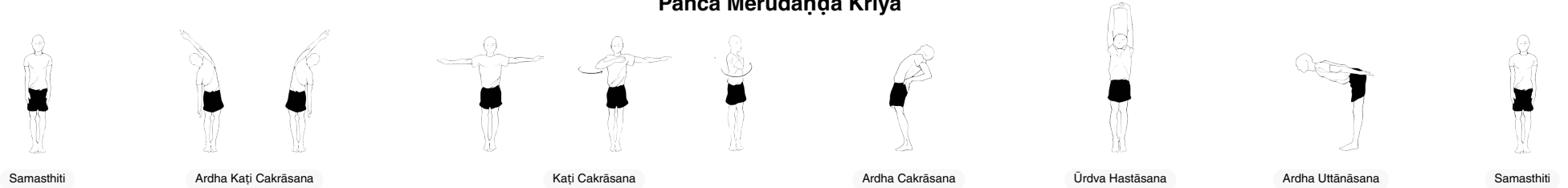
Taḍāgī Mudrā & Pavanamuktāsana Kriyā



Supta Vajrāsana & Āyūṣya Kriyā

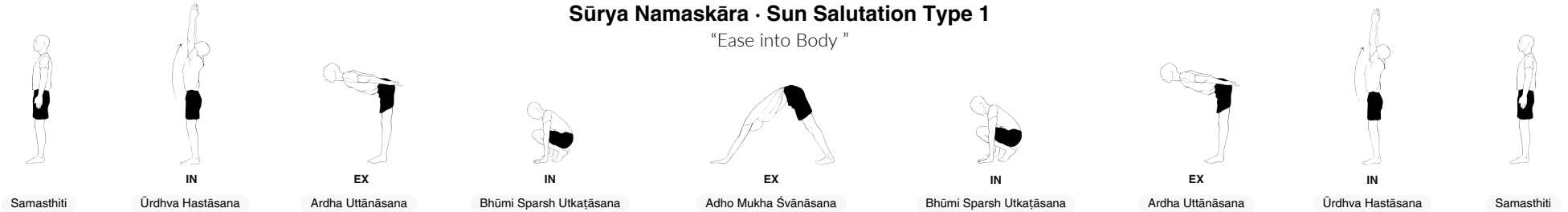


Pañca Merudaṇḍa Kriyā



Sūrya Namaskāra · Sun Salutation Type 1

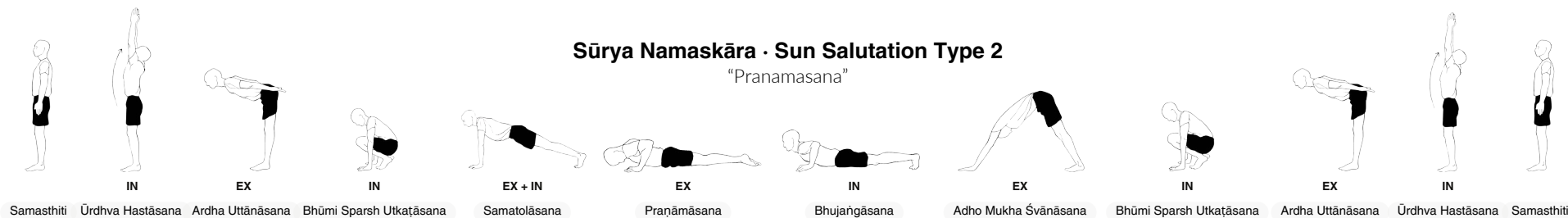
"Ease into Body "



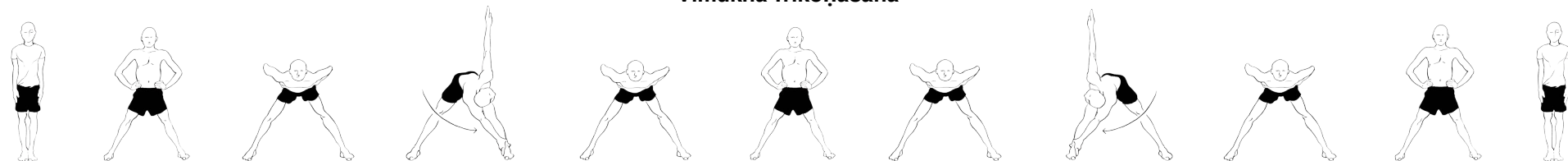
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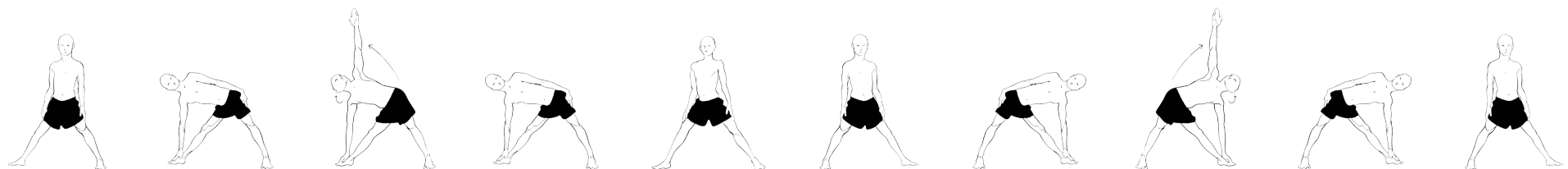
Sūrya Namaskāra · Sun Salutation Type 2 “Pranamasana”



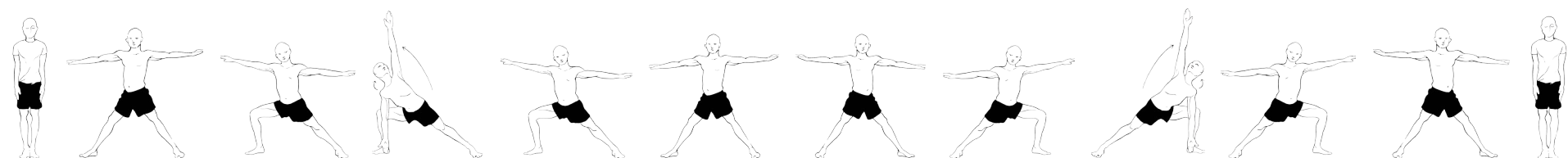
Vimukha Trikoṇāsana



Utthita Trikoṇāsana



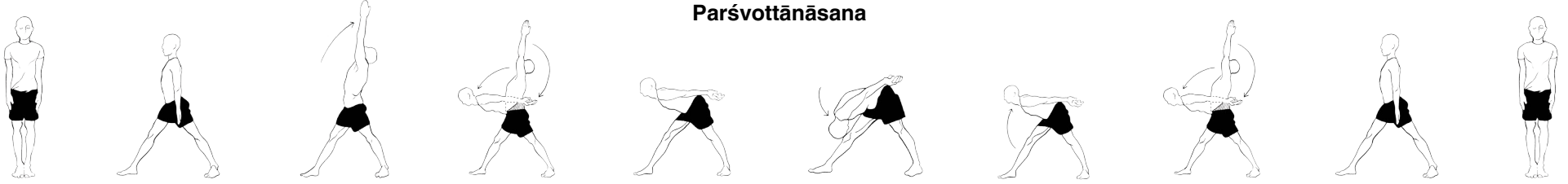
Parśvakoṇāsana



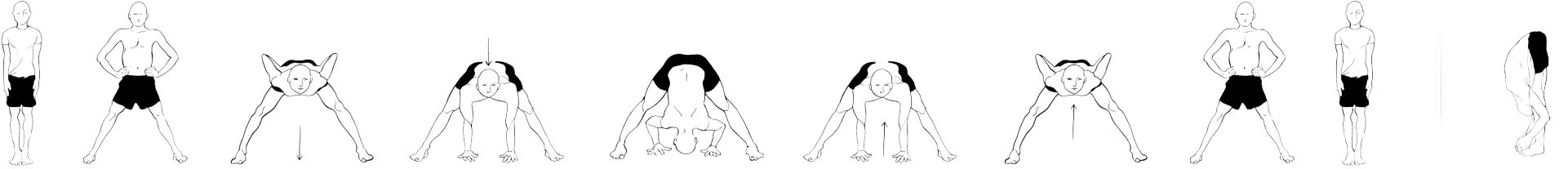
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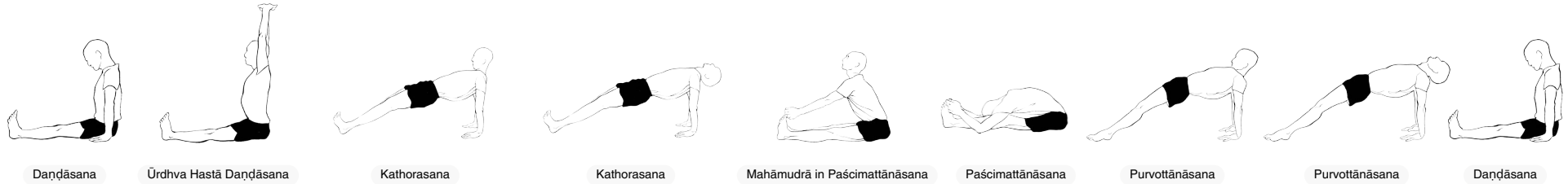
Parśvottānāsana



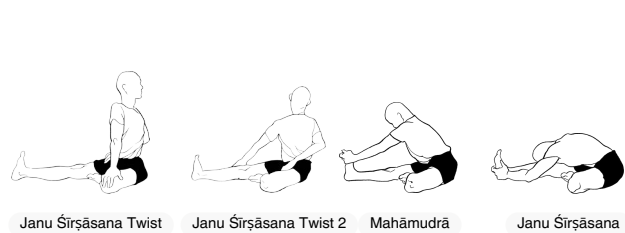
Prasārita Pādottānāsana & Pādāṅguṣṭhāsana



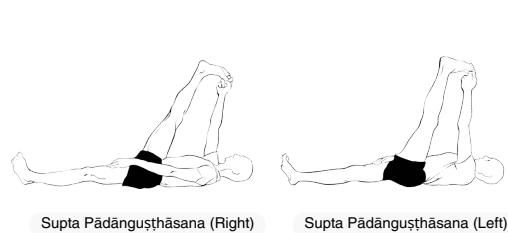
Daṇḍāsana Krama



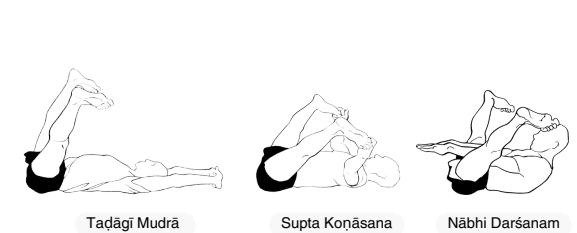
Mahāmudrā Krama



Supta Pādāṅguṣṭhāsana Krama



Supta Koṇāsana Krama



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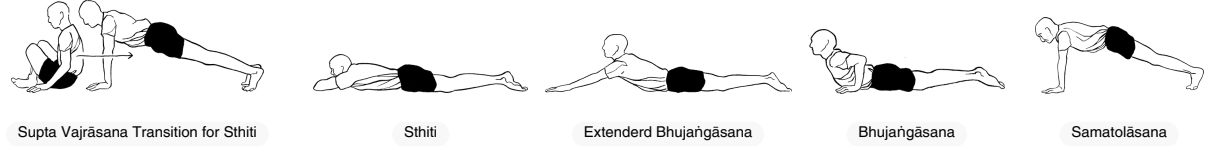
Sarvāṅgāsana / Halāsana Krama



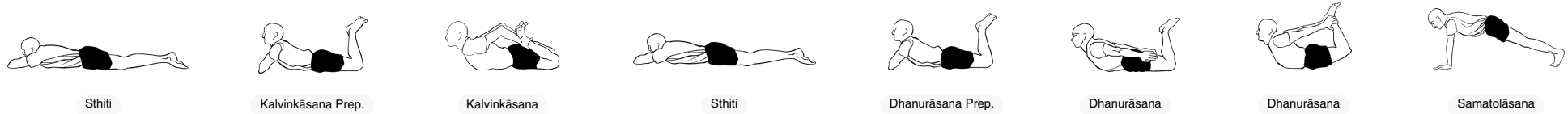
Matsyāsana Krama



Bhujāṅgāsana Krama



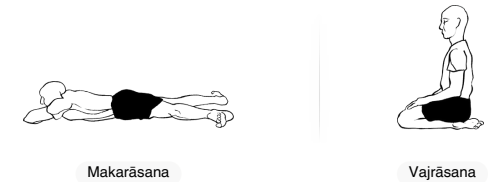
Dhanurāsana / Kāvīrāsana Krama



Śālābhāsana Krama



Makarāsana



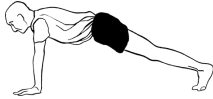
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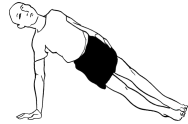
Samatolāsana Krama



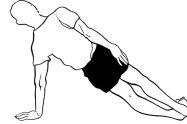
Mārjāryāsana



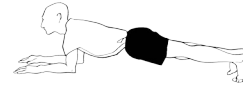
Samatolāsana



Pārśva Samatolāsana



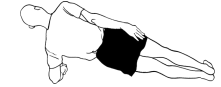
Pārśva Samatolāsana



Pincha Samatolāsana



Pārśva Pincha Samatolāsana



Pārśva Pincha Samatolāsana

Śīrṣāsana Krama



Ardha Śīrṣāsana



Śīrṣāsana



Śaśāṅkāsana



Kotilasana



Ūrdhva Hastā Vajrāsana

Bhadrāsana



Yoga Mudrā Krama



Sukhāsana
Baddha Padmāsana



Yoga Mudrā A



Yoga Mudrā B



Sukhāsana
Baddha Padmāsana



Akashi Mudra

Prāṇāyāma



Kapālabhāti Kriyā,
Nāḍī Śuddhi & Brahmari

Supta Garuḍāsana Twist and Śavāsana



right leg crosses over twist to the left



left leg crosses over twist to the right



Śavāsana



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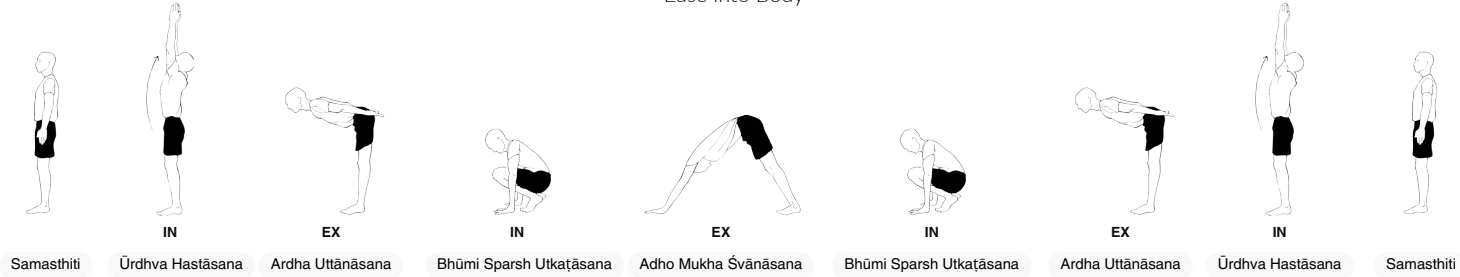
Sūrya Namaskārah & Daṇḍāh

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Sun Salutations Slide

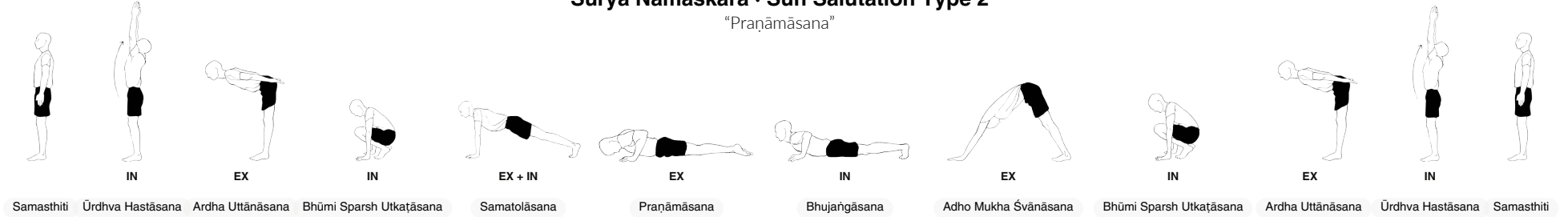
Sūrya Namaskāra · Sun Salutation Type 1

"Ease into Body"



Sūrya Namaskāra · Sun Salutation Type 2

"Prajñāpāsana"



Sūrya Namaskāra · Sun Salutation Type 3

"Rising on Toes"

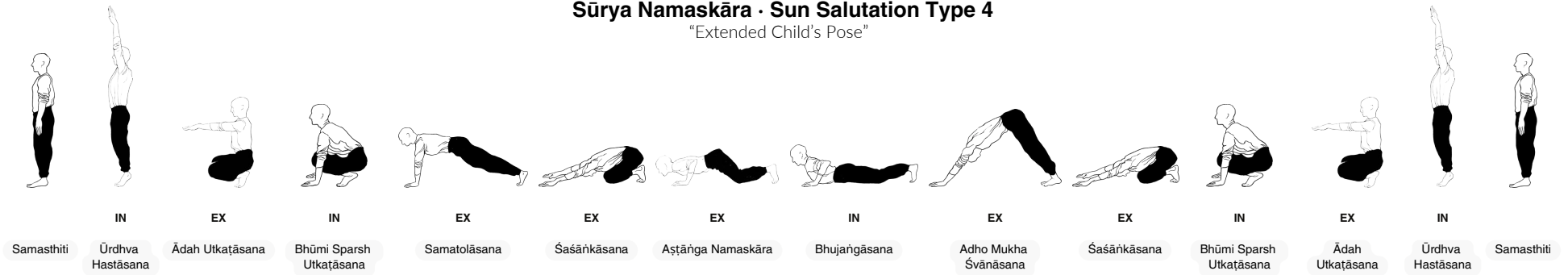


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Sun Salutations Slide

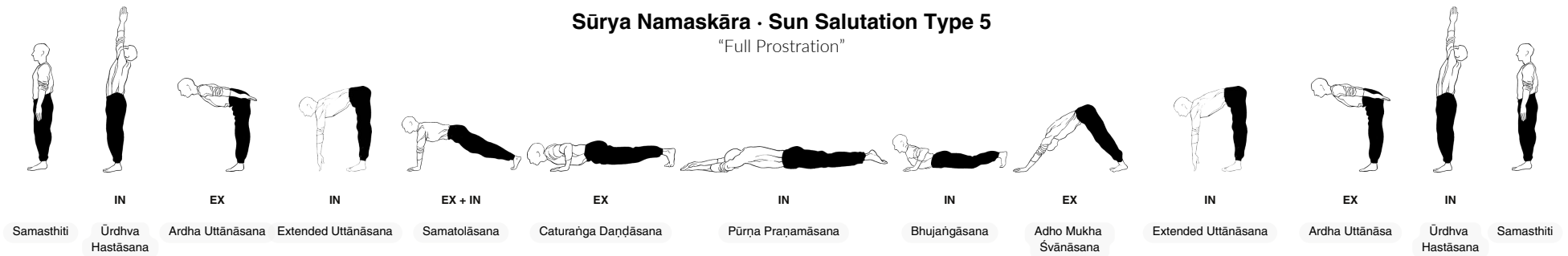
Sūrya Namaskāra · Sun Salutation Type 4

“Extended Child’s Pose”



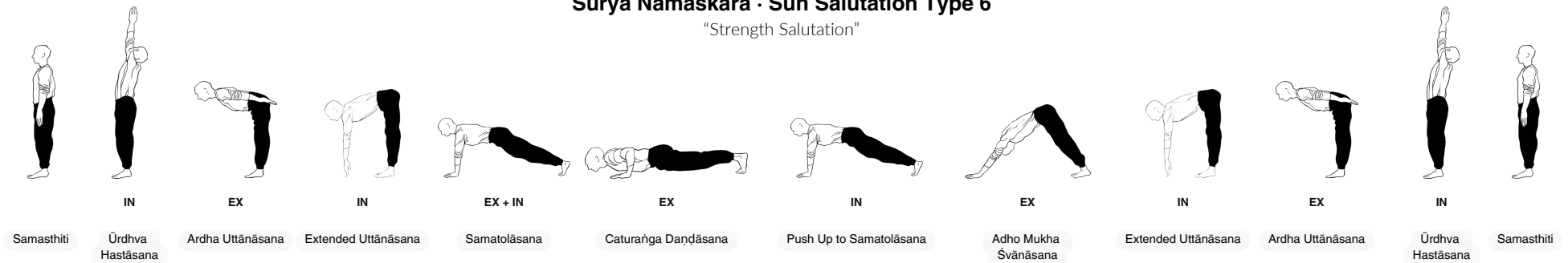
Sūrya Namaskāra · Sun Salutation Type 5

“Full Prostration”



Sūrya Namaskāra · Sun Salutation Type 6

“Strength Salutation”

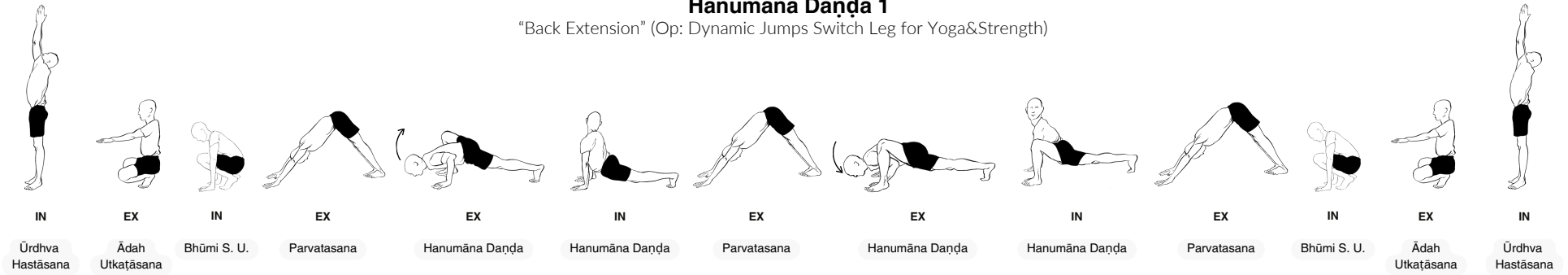


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Sun Salutations Slide

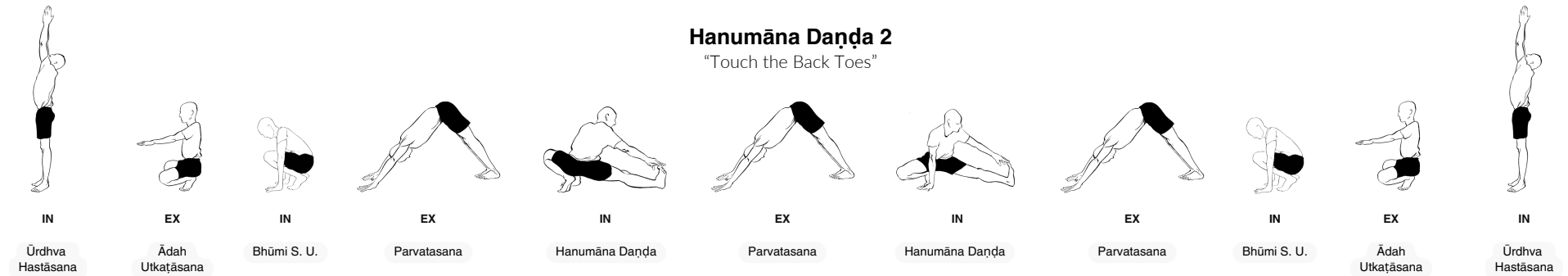
Hanumāna Daṇḍa 1

"Back Extension" (Op: Dynamic Jumps Switch Leg for Yoga&Strength)



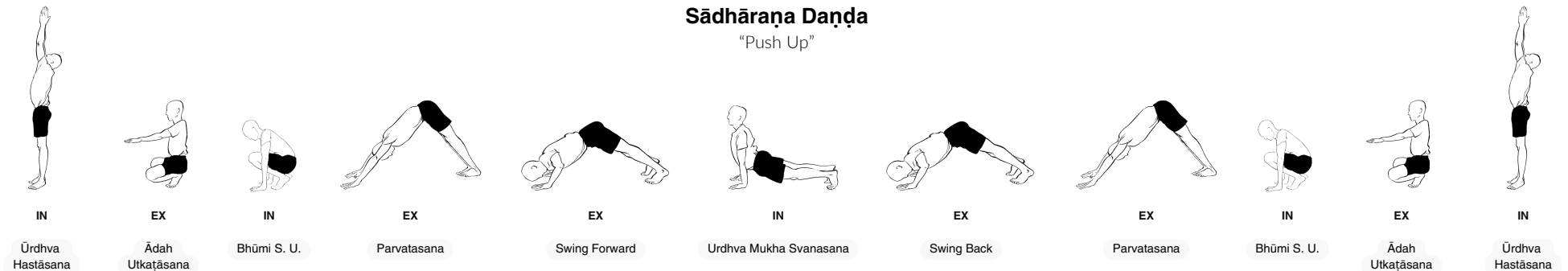
Hanumāna Daṇḍa 2

"Touch the Back Toes"



Sādhāraṇa Daṇḍa

"Push Up"



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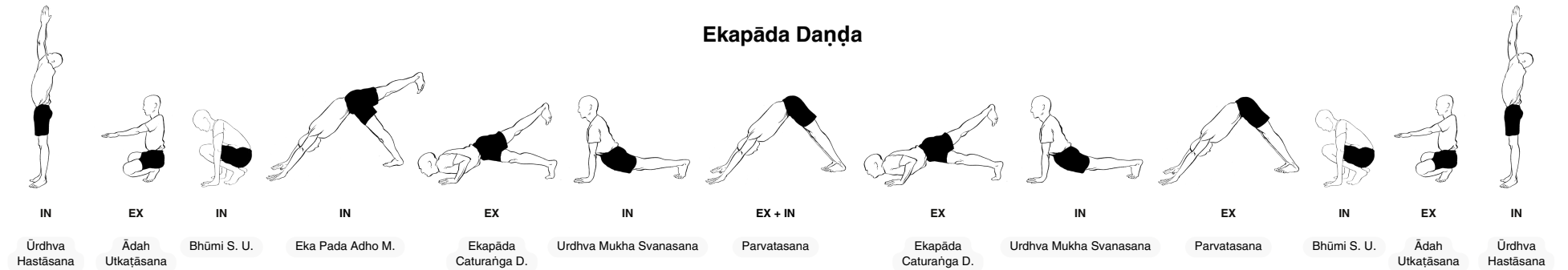
Sun Salutations Slide

Ardha Cakra Daṇḍa

"Lifting Up the Suitcase"

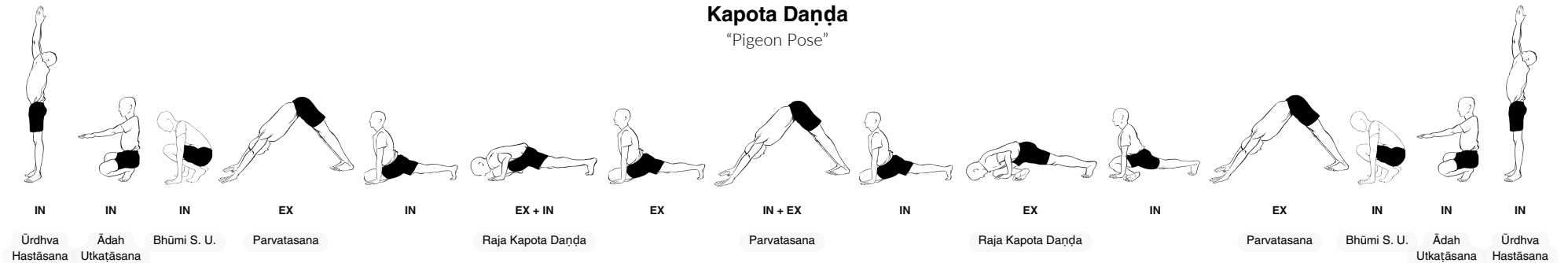


Ekapāda Daṇḍa



Kapota Daṇḍa

"Pigeon Pose"



Yoga Education Collective is:

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Eddie Stern
Harshvardhan Jhaveri

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Chart credits:
Drawings Satya Moses
Design Roberto Garcia

