



Paschimottasana  
Seated Forward Bend



Upavistha Konasana  
Wide Angle Seated Forward Bend



Janu Sirsasana  
Head to Knee



Parivrtta Janu Sirsasana  
Revolved Head to Knee Pose



Eka Pada Setu Bandhasana  
One Leg Bridge



Matsyasana  
Fish