

# Level 1B Basic Standing Pose Practice



Tadasana



Vrksasana



Utthita  
Trikonasana



Utthita  
Parsvakonasana



Virabhadrasana I



Virabhadrasana II



Ardha Chandrasana



Parsvottanasana



Prasarita  
Padottanasana



Padangusthasana



Utkatasana



Parighasana



Adho Mukha  
Svanasana



Parvatasana



Yoga  
Mudrasana



Adho Mukha  
Svanasana



Urdhva Prasarita  
Padasana



Sarvangasana I



Halasana



Karnapidasana



Supta Konasana



Setubanda  
Sarvangasana



Savasana