

## Level IA Basic Standing Pose Practice



Tadasana



Utthita  
Trikonasana



Uthhita  
Parsvakonasana



Virabhadrasana I



Virabhadrasana II



Half Uttanasana



Parsvottanasana



Prasarita  
Padottanasana



Supta Pavana  
Muktasana



Dwi Pada Pavana  
Muktasana



Vajrasana



Parvatasana



Yoga  
Mudrasana



Urdva Prasarita  
Padasana



Setubanda  
Sarvangasana\*



Yoga Mudrasana  
in Swastikasana



Viparita Karani



Savasana

\*If you practice Salamba Sarvangasana, do so before Setubandha Sarvangasana