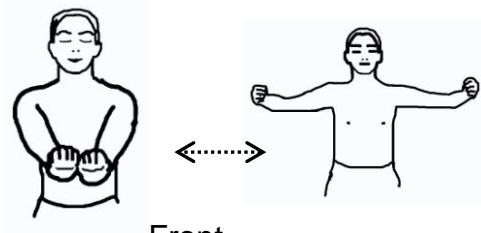
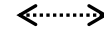


Àsana for Derasar 2012

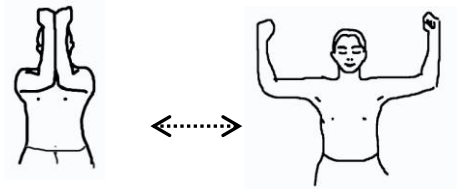


Front

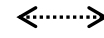


Side

Fore Arms - I

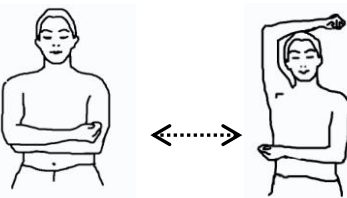


Front

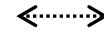


Side

Fore Arms - II

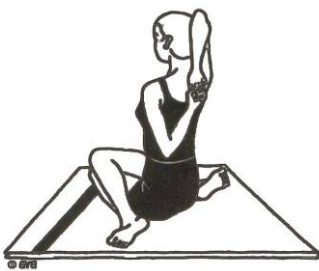


Front



Side

Fore Arms - III



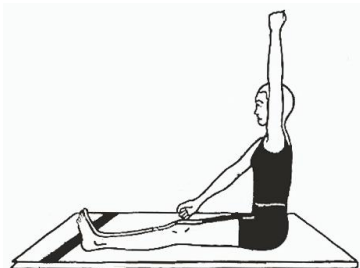
Gomukhàsana



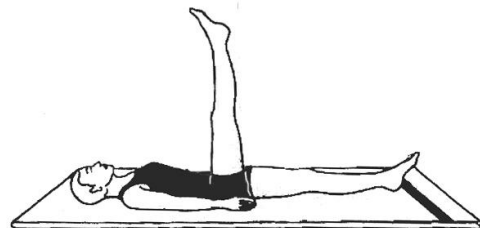
Siddhàsana / Siddha Yoni Àsana



Anand Madiràsana



Sutra Dharan (Pulling Rope)



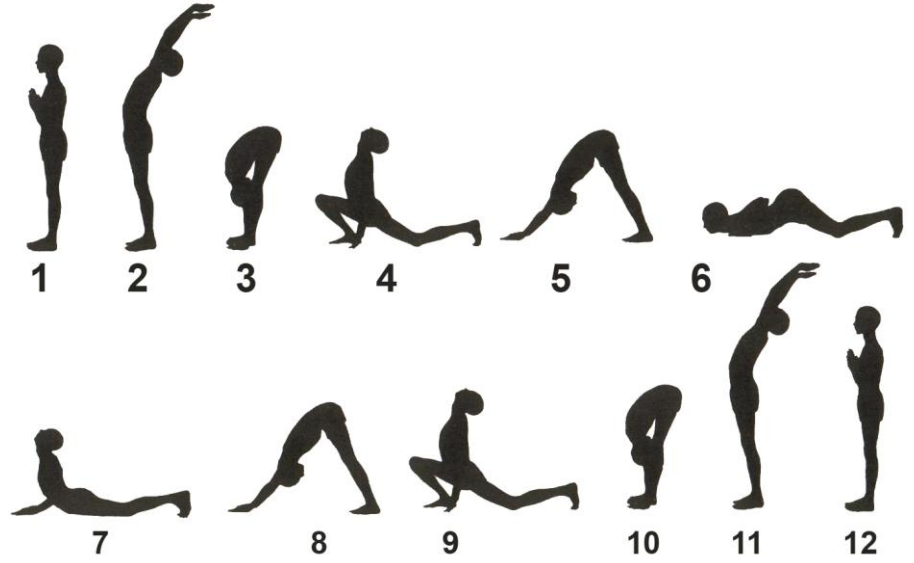
Ek Pàd Uttànàsana



Àsana for Derasar 2012

Surya Namaskàr

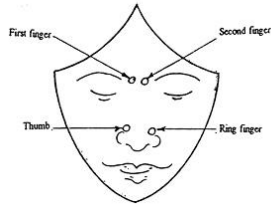
1. Pranàmàsana
2. Hasta Utthànàsana
3. Pàda Hastàsana
4. Ashwa Sanchàlanàsana
5. Parvatàsana
6. Ashtànga Namaskàr
7. Bhujangàsana
8. Parvatàsana
9. Ashwa Sanchàlanàsana
10. Pàda Hastàsana
11. Hasta Utthànàsana
12. Pranàmàsana



PRÀNÀYÀMA



Nàdi Shodhana



Bhràmari



Bhastrikà



MUDRÀ

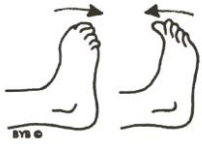


Madhyamà

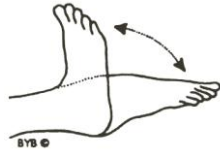
Àsana for Derasar 2012



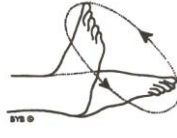
Yoga for Jain Derasar, Buena Park, CA



Toe Bending



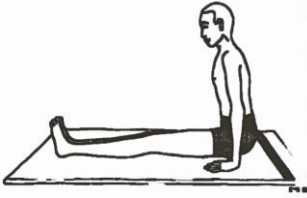
Ankle Bending



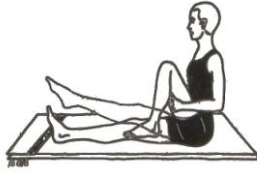
Ankle Rotation



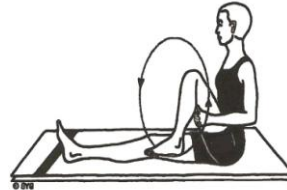
Ankle Crank



Kneecap Contraction



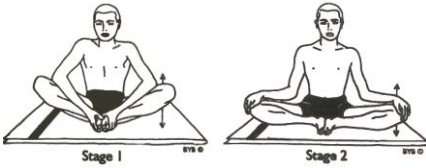
Knee Bending



Knee Crank



Hip Rotation



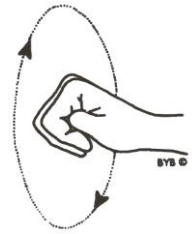
Butterfly



Hand Clenching



Wrist Bending



Wrist Rotation



Elbow Bending A



Elbow Bending B



Shoulder Rotation



Ākarna Dhanurāsana



Neck Bending
(Front-Back)



Neck Bending
(Left-Right)



Neck turning
(Left-Right)



Neck Rotation

