Ashtanga Yoga - Advanced Series

with Sarcha Thurston



www.perthashtangayoga.com.au

Advanced Series



VASISTHASANA



VISHVAMITRASANA



KASYAPASANA



CHAKORASANA



BHAIRAVASANA



SKANDASANA



DURVASASANA



A



B



C

URDHVA KUKKUTASANA



GALAVASANA



A



B

EKA PADA BAKASANA



A



B

KOUNDINYASANA



A



B

ASTAVAKRASANA



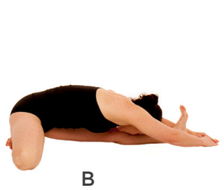
PURNA MATSYENDRASANA



A







B

VIRANCHYASANA



VIPARITA DANDASANA



EKA PADA VIPARITA DANDASANA



VIPARITA SALABHASANA



GANDA BHERUNDASANA



A



B

HANUMANASANA



SUPTA TRIVIKRAMASANA



A



B

DIGHASANA



TRIVIKRAMASANA



NATARAJASANA



RAJA KAPOTASANA



EKA PADA RAJA KAPOTASANA