

## BACKBENDING

1. Kapotasana (Full Camel)
2. Dhanurasana (Full bow)
3. Drop back
4. Salabhasana (Full Locust)
5. Natarajasana (King dancer)
6. Eka Pada Rajakapotasana (King pigeon)
7. Anjaneyasana (Low lunge ) with backbend
8. HANUMANASANA – FORWARD SPLIT (WITH A BACKBEND)\*INVERSIONS \*

## INVERSIONS

1. Pincha forearm stand - Variation
2. Sirasana Headstand - Variation
3. Handstand (Drills)FORWARD BENDING

## FORWARD BENDING

1. Bird of paradise
2. KurmasanaHIPS OPENING

## HIPD OPENING

1. viparita parivrtta surya yantrasana (Super solider pose)
2. Visvamisrasana (Flying warrior)ARM BALANCING

## ARM BALANCING

1. Eka pada koudiyasana 1(Flying splits with twist)
2. Eka pada koudiyasana 2 (Flying splits)
3. Astavakrasana (Eight angle)
4. Tittibhasana (Firefly pose)
5. Bhujapindasana (Shoulders pressing pose)
6. Bakasana straight arm
7. Eka pada bakasana (one legged crow)
8. Maksikanagasana(Grasshopper)
9. Ganda Bherundasana (Chin stand)
10. Eka Pada Galavasana (Flying pigeon)
11. Mayūrāsana (Peacock)\*TWISTING \*

## TWISTING

1. Marichyasana