

### Lesson 3 (day 5, working towards Surya Namaskara - salutations to the sun)

All this Asanas are to be found in the book "Asana Pranayama Mudra Bandha" from Bihar School of Yoga, India. The numbers of the pages may perhaps not correspondent with the present edition of the book.



**Shavasana** (relax and feel yourself)

page 86



Deep exhalation - deep inhalation



**Shavasana** (relax and feel yourself)



**Hasta Utthanasana**

page 163



**Padahasthasana**

page 164



**Ashwa Sanchalanasana**

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**Parvatasana**

page 166



**Ashtanga Namaskara**

page 167

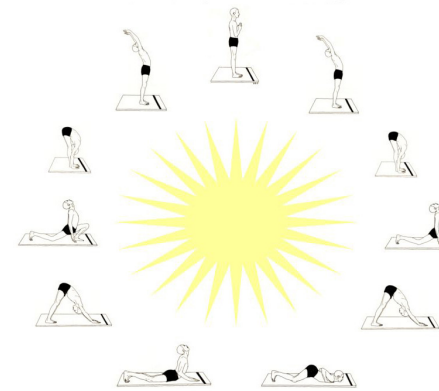


**Bhujangasana**

page 168



**Shavasana** (relax and feel yourself)



**Surya Namaskara**

page 159



**Shavasana** (relax and feel yourself)



**Shava Udarakarshanasana**

page 57



**Shavasana** (relax and feel yourself)



**Eka Pada Pranamasana**

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**Nadi Shodhana Pranayama**

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### Lesson 3 (day 6, working towards Chandra Namaskara - salutations to the moon)

All this Asanas are to be found in the book "Asana Pranayama Mudra Bandha" from Bihar School of Yoga, India. The numbers of the pages may perhaps not correspondent with the present edition of the book.



**Shavasana** (relax and feel yourself)

page 86



Deep exhalation - deep inhalation



**Shavasana** (relax and feel yourself)



**Hasta Utthanasana**

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**Padahasthasana**

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**Ashwa Sanchalanasana**  
**Ardha Chandrasana**

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**Parvatasana**

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**Ashtanga Namaskara**

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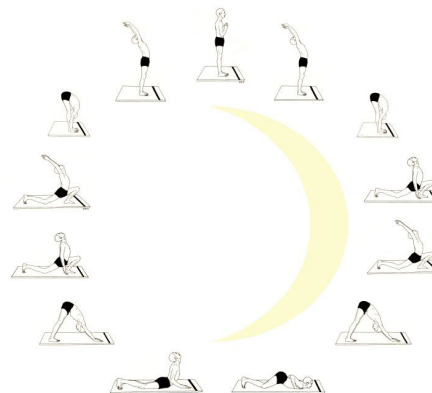


**Bhujangasana**

page 168



**Shavasana** (relax and feel yourself)



**Chandra Namaskara**

page 173



**Shavasana** (relax and feel yourself)



**Shava Udarakarshanasana**

page 57



**Shavasana** (relax and feel yourself)



**Eka Pada Pranamasana**

page 291



**Nadi Shodhana Pranayama**

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