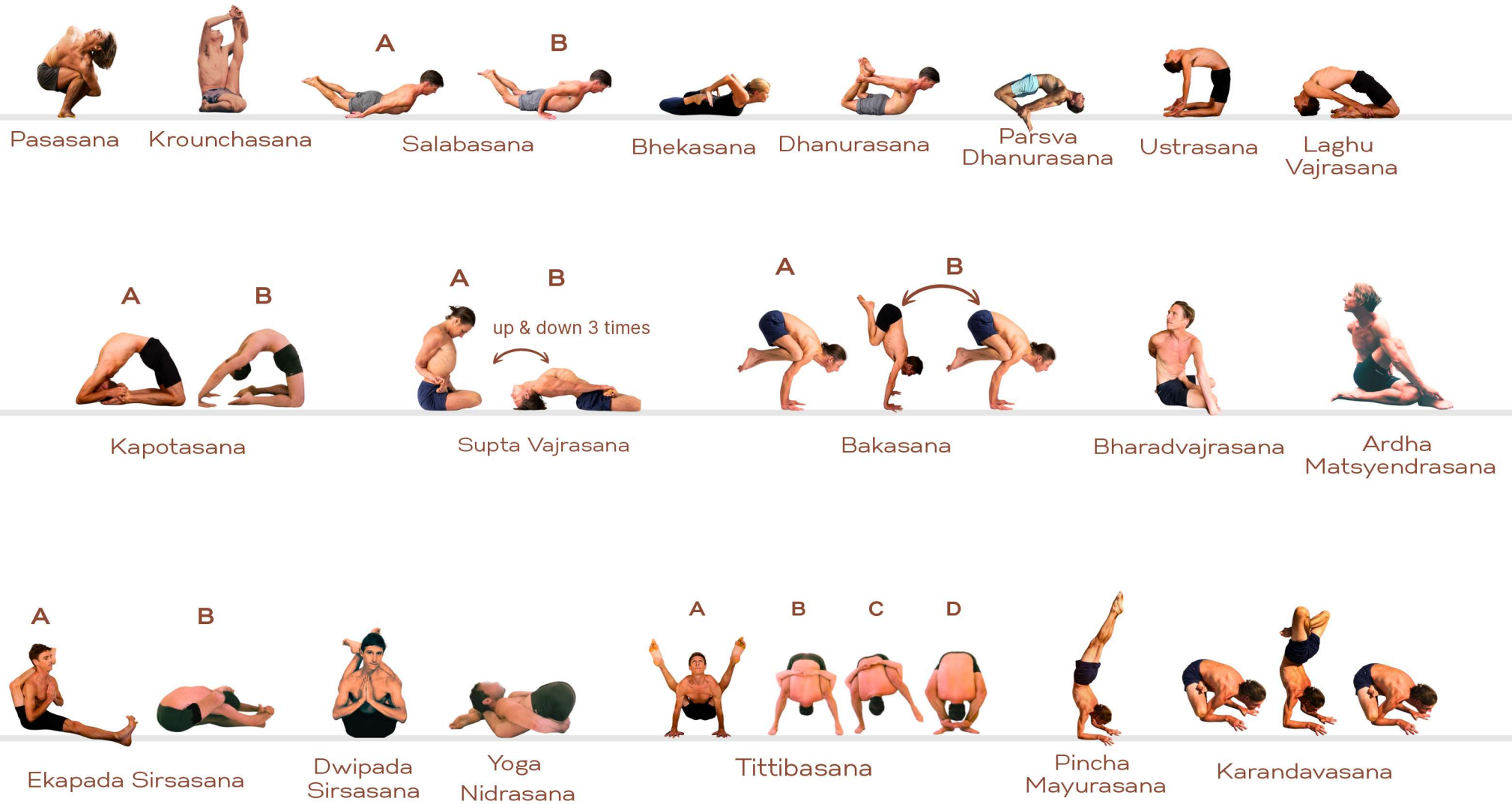


ASHTANGA YOGA INTERMEDIATE SERIES WITH ADAM KEEN
as learned from Sharathji Jois in Mysore





Mayurasana



Nakrasana



Vatayanasana



Parighasana

A



B



Gomukasana



Supta Urdhva
Pada Vajrasana

A



B



C



Mukta Hasta Sirsasana

A



B



C



D



Badha Hasta Sirsasana



Urdhva
Dhanurasana



Drop
Backs



Drop Overs x 3



Tic Tocs X 3



Vrischikasanano