

# Illustration 1

## Asana Starter Kit



1a. Warm-up, head to heart



1b. Warm-up, arms to heart



1c. Warm-up, legs to heart



2a. Knees to chest



2b. Roll, right then left



3. Kneeling seat



4a. Sitting, head to one knee



4b. Sitting, head to both knees



5. Shoulder stand

(continued on following page)



6. Plow



7. Seal of yoga



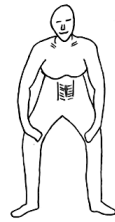
8. Cobra



9. Locust



10. Spinal twist



11. Abdominal lift



12. Standing back stretch



13. Standing toe touch



14. Corpse pose

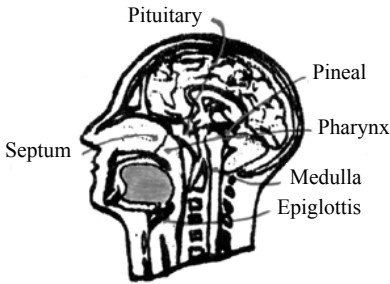
## Illustration 2



Siddhasana with Back Support

# Illustration 3

## Kechari Mudra



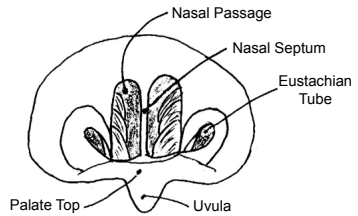
Pre-Kechari



Kechari Stage 1



Kechari Stage 2



Inside Nasal Pharynx  
(looking forward)