



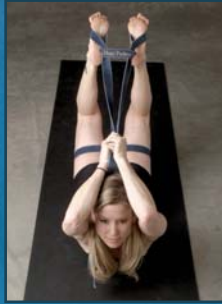
# Hasta Pada Yoga Belt



[www.vyanayoga.com](http://www.vyanayoga.com)



**DHANURASANA**  
BOW POSE  
(HANDS SEPARATE)



**DHANURASANA**  
BOW POSE  
(HANDS TOGETHER)



**ARDHA-BADDHA-  
PADMOTTANASA**  
HALF BOUND LOTUS  
INTENSE STRETCH



**UTTITHA-  
TITTIBHASANA**  
STANDING  
FIREFLY POSE



**MARICHYASANA II**  
POSE OF THE SAGE MARICHI II  
(PREPARATION, REAR VIEW)



**MALASANA**  
GARLAND POSE



**SUPTA-PADANGUSTHASANA**  
SLEEPING BIG TOE POSE



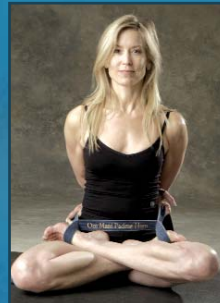
**UTTITHA-VAYU -  
MUKTYASANA**  
WIND RELIEVING POSE



**TADASANA**  
MOUNTAIN POSE



**NATARAJASANA**  
DANCERS POSE



**BADDHA-PADMASANA**  
BOUND LOTUS



**VYAGHRASANA**  
TIGER POSE VARIATION



**EKA-PADA-KAPOTANASANA**  
ONE LEG KING PIGEON



**EKA-PADA-KAPOTANASANA**  
LUNGE VARIATION  
KING PIGEON



**AKARNA-DHANURASANA**  
SHOOTING BOW POSE



**MARICHYASANA I**  
POSE OF THE SAGE MARICHI I



**BHARADVAJASANA**  
POSE OF THE SAGE WARRIOR  
BHARADVAJA (PREPARATION)



**ARDHA-BADDHA-  
PADMOTTANASA**  
STANDING HALF  
BOUND LOTUS



**NATYASANA**  
BALLET POSE  
PREP & VARIATION



**UTTITHA-HASTA-  
PADANGUSTHASANA**  
STANDING  
HAND TO BIG TOE  
POSE (PREPARATION)



**BHARADVAJASANA**  
POSE OF THE SAGE  
WARRIOR  
BHARADVAJA



**PASCHIMATANASANA**  
EAST-WEST BACK STRETCH  
POSE



**JANU-SHIRSHASANA**  
HEAD TO KNEE POSE



**ARDHA-BADDHA-PADMA-  
PASCHIMATANASANA**  
HALF-BOUND LOTUS BACK  
STRETCH POSE (VARIATION)