

Category 7

New Asana

Level 2 Asanas

- Head balance
- * Shoulder balance
- Forearm lifts & One leg raised
- Forearm balance
- Crow
- Handstand
- Half Handstand

- Flank Pose
- Half moon
- Warrior 1, 2, 3
- Revolved Triangle
- Revolved Lateral Right angle
- Revolved half Moon
- Chair

- Head to knee
- Revolved Head to knee
- Wide angle seated fwd fold
- Standing wide angle

- Sun salutation

- Full Bridge & one leg raised
- Half bridge one leg raised

- Twists stage 2 & 3
- Reclining Hero
- Heron Pose (Krounch Asana)
- Full lotus
- Full fish pose
- Lotus twists
- Divine
- Divine twists and fwd folds