

Traditional Ashtanga Yoga Secondary Series Nāḍi Śodhana



1. **Noose Pose** •
Pasasana



2. **Heron Pose** •
Krounchasana



3. **Locust Pose** •
Salabhasana



4. **Locust Pose
Elbows** •
Salabhasana Elbows



5. **Frog Pose II** •
Bhekasana



6. **Bow Pose** •
Dhanurasana



7. **Side Bow Pose** •
Parsva Dhanurasana



8. **Bow Pose** •
Dhanurasana



9. **Camel Pose** •
Ustrasana



10. **Little
Thunderbolt Pose** •
Laghu Vajrasana



11. **Pigeon Pose**



12. **Bound Lotus
Pose**



13. **Reclined Bound
Lotus Pose** • Supta
Baddha Padmasana



14. **Crane Pose** •
Bakasana



15. **Bunny Hops
Pose Handstand
Prep**



16. Crane Pose •
Bakasana



17. Bharadvaja
Twist Pose li •
Bharadvajasana li



18. Half Lord Of
The Fishes Pose
Variation Hand
Down • Ardha
Matsyendrasana
Variation Hand Down



19. God Of War
Pose • Asana
Dedicated To Skanda



20. Two Feet To
Head Pose I • Dwi
Pada Sirsasana I



21. Two Feet To
Head Pose li • Dwi
Pada Sirsasana li



22. Two Legged
Shoulder Pose • Dwi
Pada Kandharasana



23. Firefly Pose •
Tittibhasana



24. Firefly Pose B •
Tittibhasana B



25. Firefly Pose D •
Tittibhasana D



26. Feathered
Peacock Pose •
Pincha Mayurasana



27. Himalayana
Duck •
Karandavasana



28. Peacock Pose •
Mayurasana



29. Crocodile Pose
Variation •
Nakrasana Variation



30. Vatayanasana
Eagle Arms



31. Gate Pose Variation • Parighasana Variation



32. Cow Face Pose A • Gomukhasana A



33. Cow Face Pose • Gomukhasana



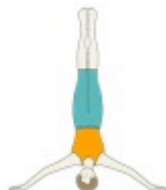
34. Bharadvaja Twist Pose II • Bharadvajasana II



35. Headstand II • Sirsasana II



36. Free Hands Headstand Pose • Mukta Hasta Sirsasana



37. Free Hand Headstand Pose Variation • Mukta Hasta Sirsasana Variation



38. Headstand Pose • Salamba Sirsasana



39. Bound Hands Headstand Pose B • Baddha Hasta Sirsasana B



40. Bound Hands Headstand Pose • Baddha Hasta Sirsasana



41. Bound Hands Headstand Pose D • Baddha Hasta Sirsasana D



42. Wheel Pose • Urdhva Dhanurasana



43. Seated Forward Bend Pose • Paschimottanasana