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3. Vajrasana, Supt Vajrasana, Ushtrasana, Vrushasana, Mandukasana, Shashankasana
4. Pavanmuktasana, Matsyasana, Sarvangasana, Halasana
5. Shalabhasana, Bhujangasana, Dhanurasana
6. Sheershasana, Mayurasana, Shavasana, Konasana
7. Trikonasana, Tadasana, Urdhva Hastasana, Padhastasana, Chakrasana
8. Purification of the body - Neti, Nauli, Dhauti, Tratak
9. Pranayam I- Anulom-Vilom, Kapal Bhati, Brahmari, Nadi Shddhi, Agnisara
10. Pranayam II- The Three Bandhas, Ujjayi, Surya Bheda, Bhastrika, Sithali.

