

# 32 Asanas Of Raj Yoga

**BK Dr. Sachin**  
**- 10 Sept. 2017**

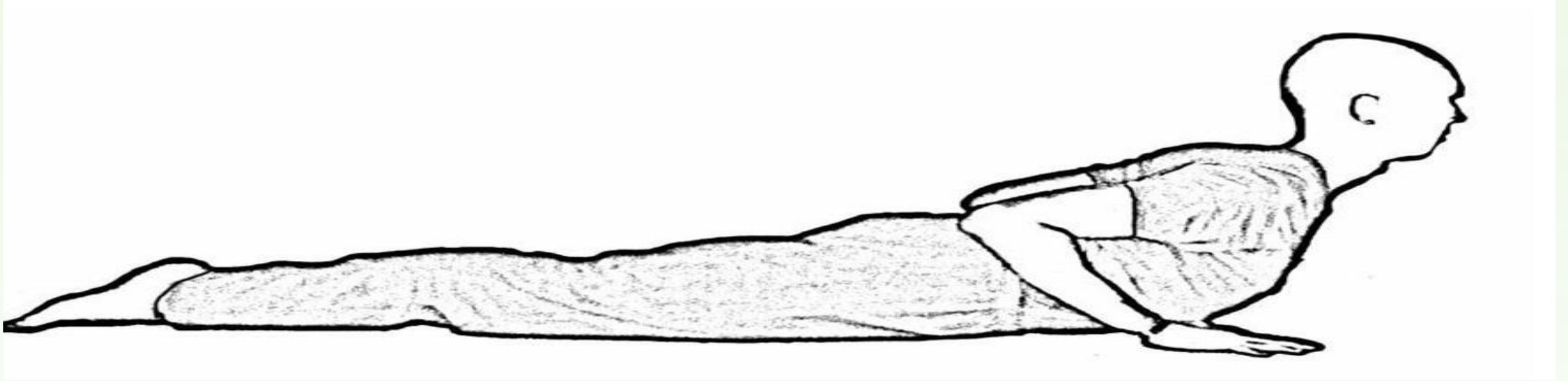
# 1. BHADRASANA



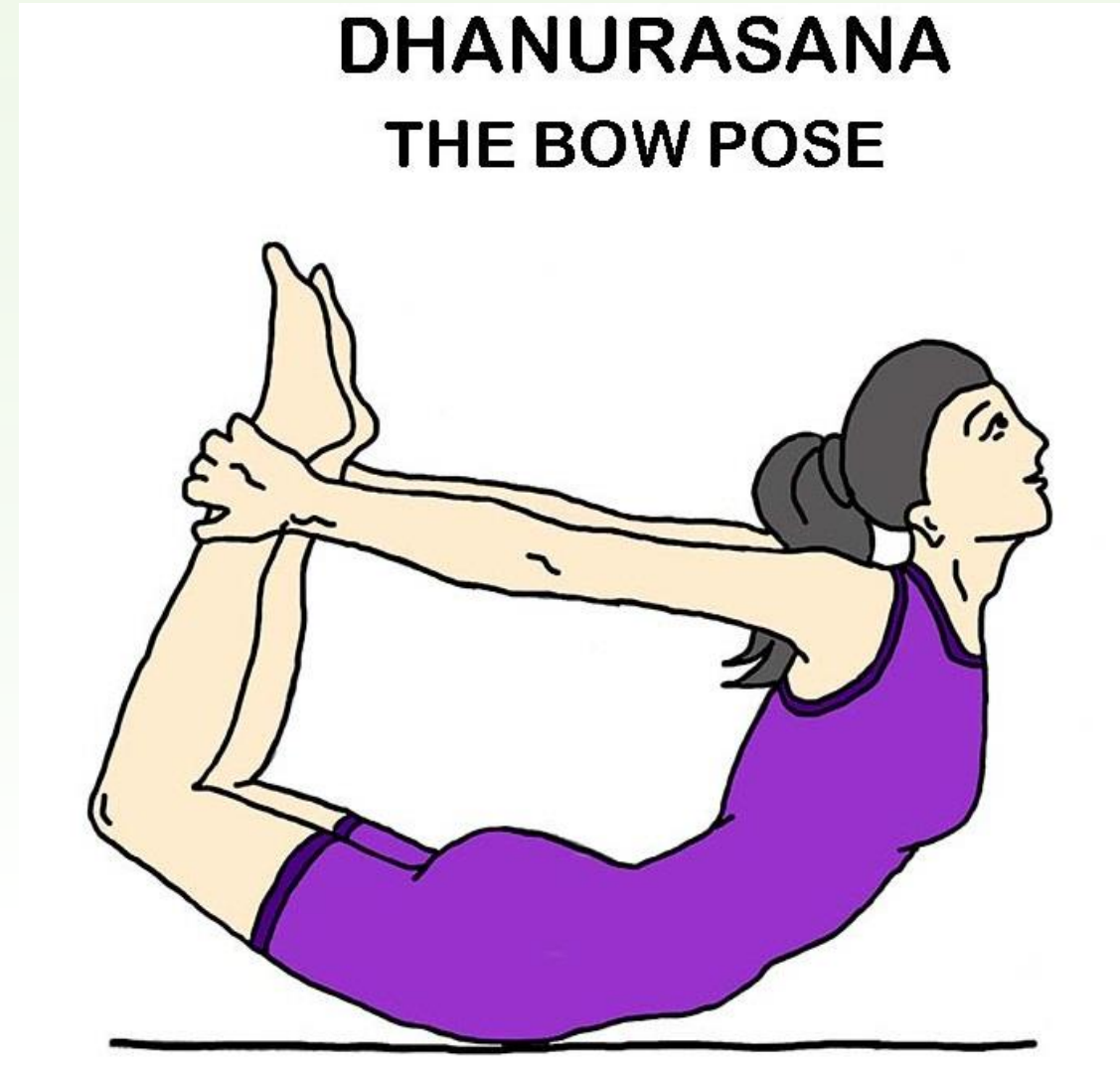
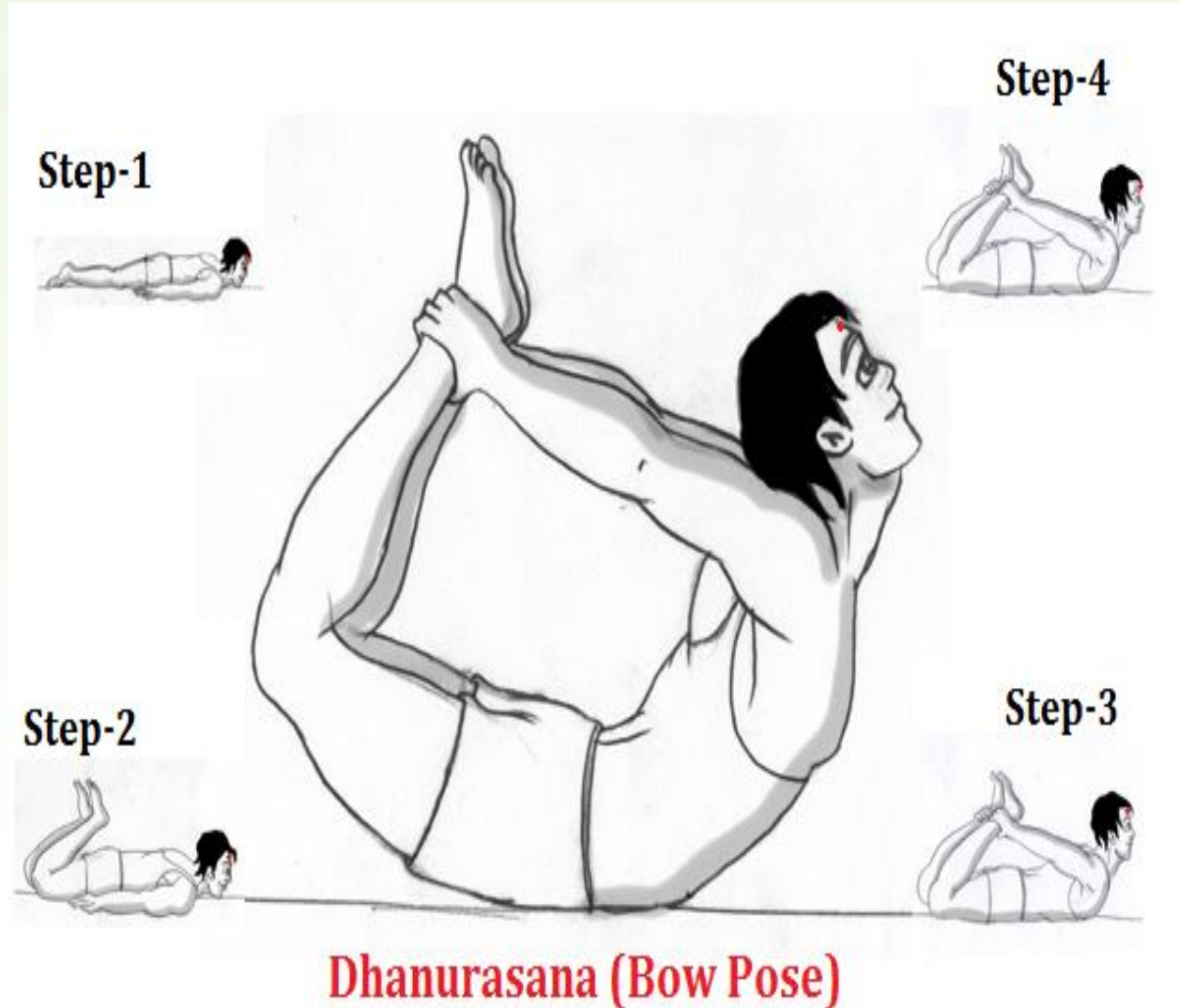
**BHADRASANA  
THE GRACIOUS POSE**



# 2. BHUJANGASANA



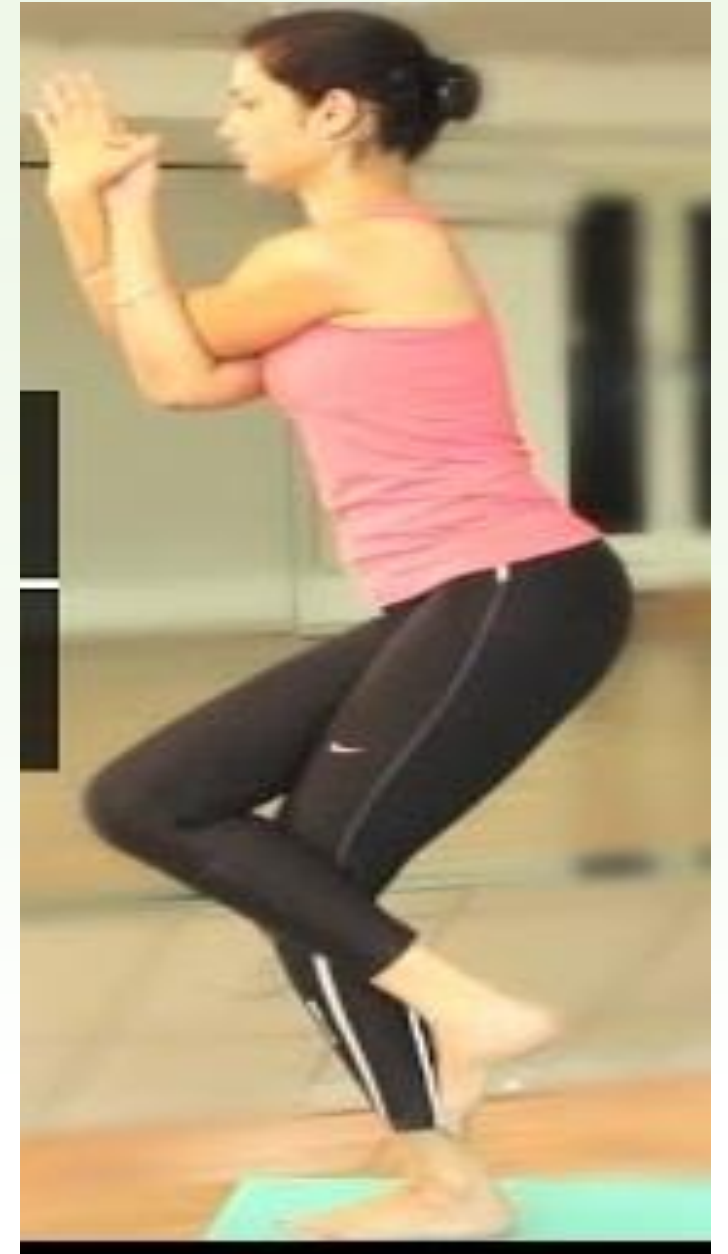
# 3. DHANURASANA



# 4. GARUDASANA

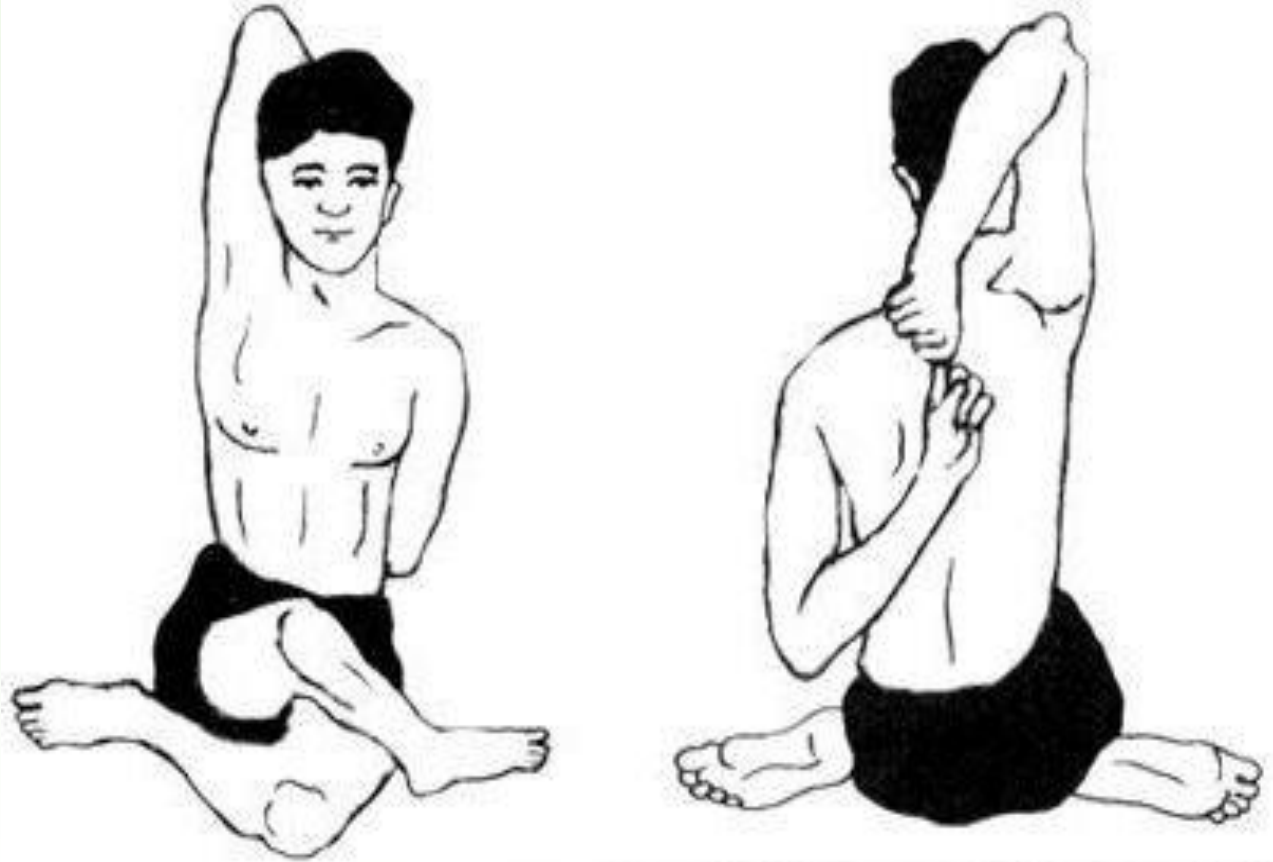


Garudasana IV

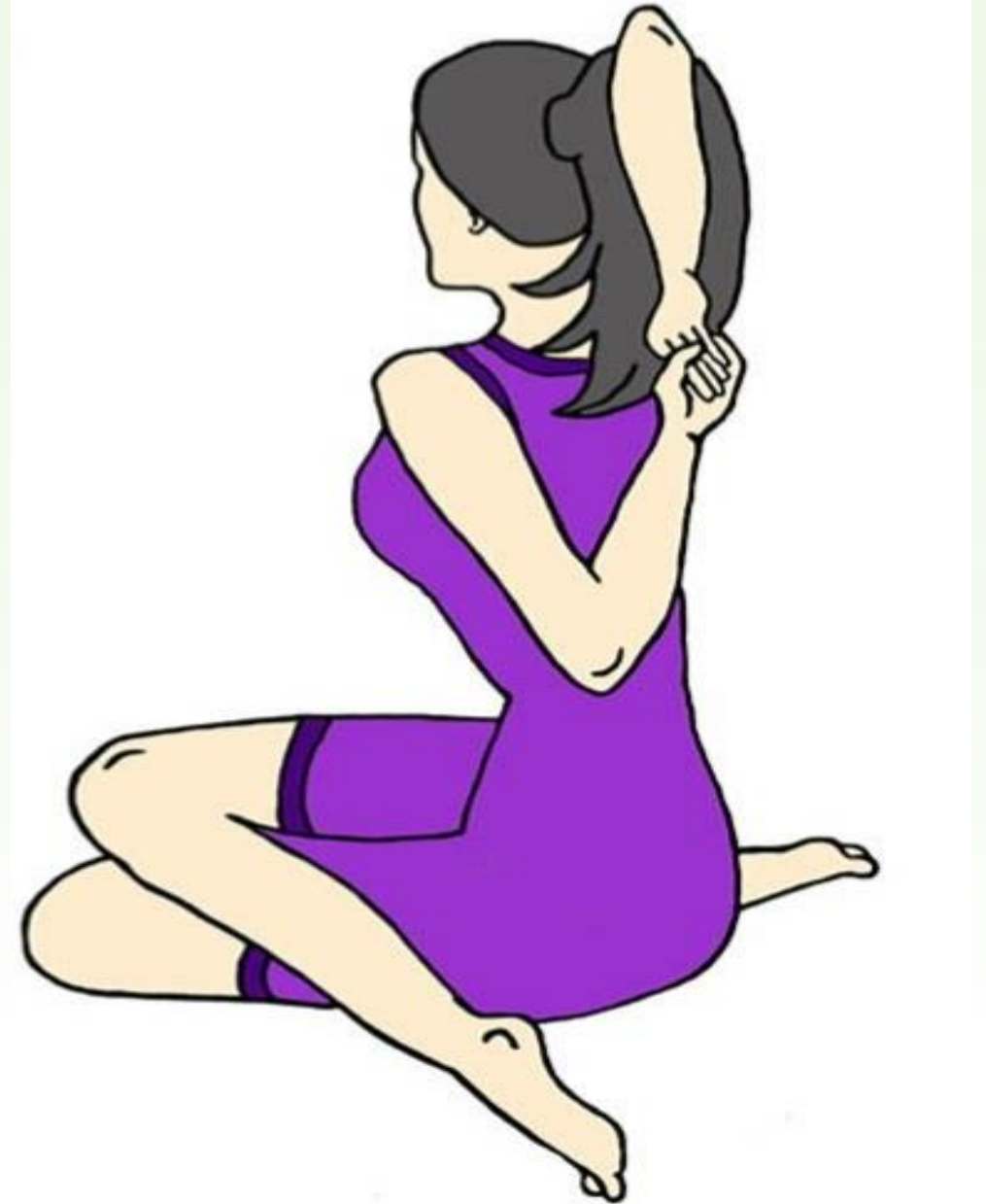




# 5. GOMUKHASANA



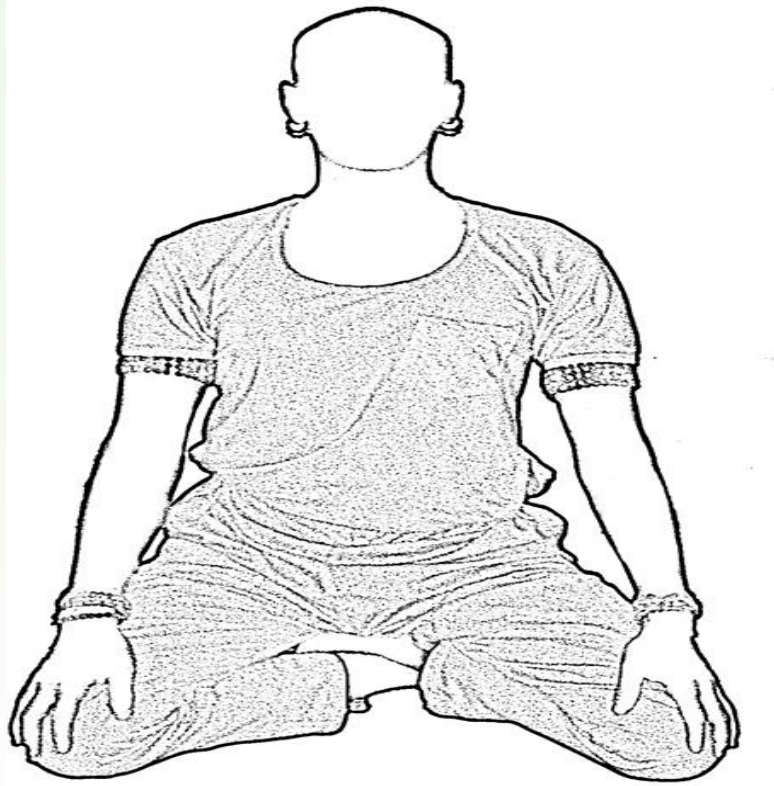
Gomukhasana - Cow Face Pose  
Fingers are locked at behind



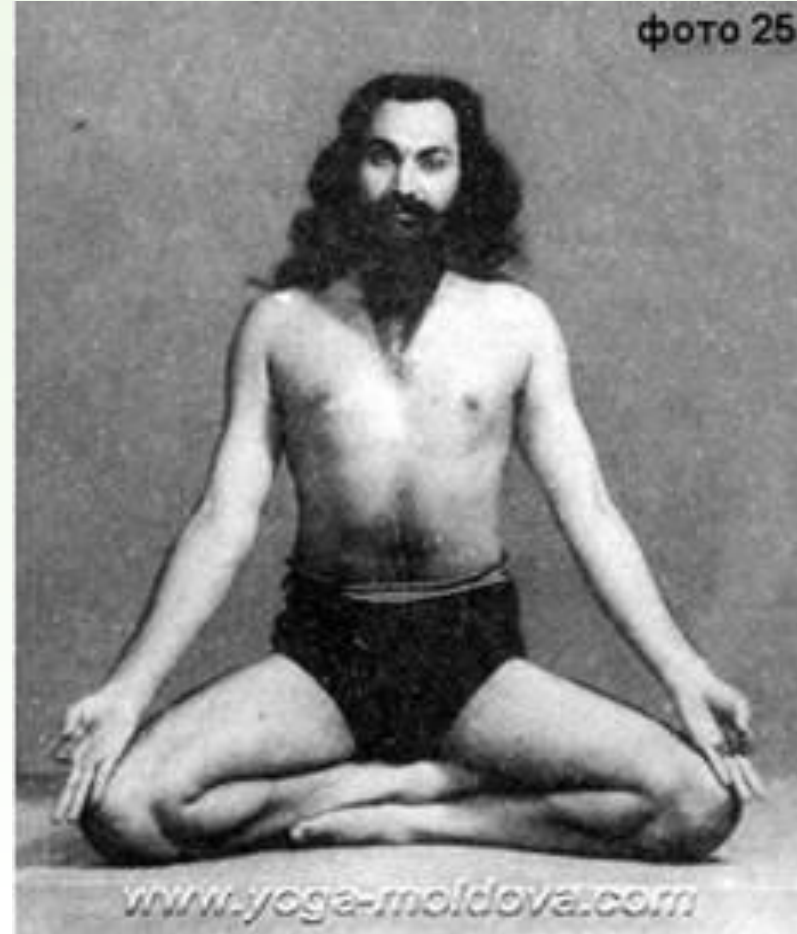
# 6. GORAKSHASANA



# 07. GUPTASANA



Guptāsana





# 8. KUKKUTASANA



**KUKKUTASANA  
THE COCKEREL POSE**



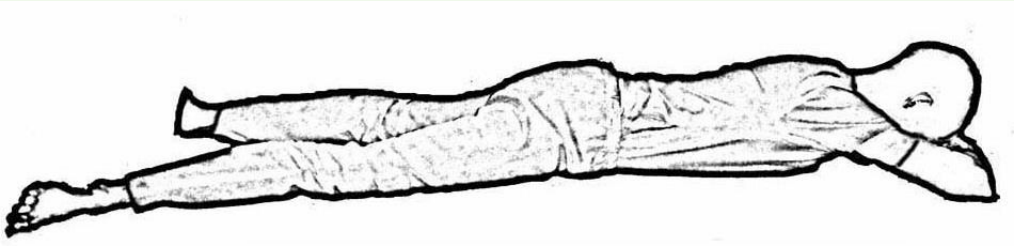
# 9. KURMASANA



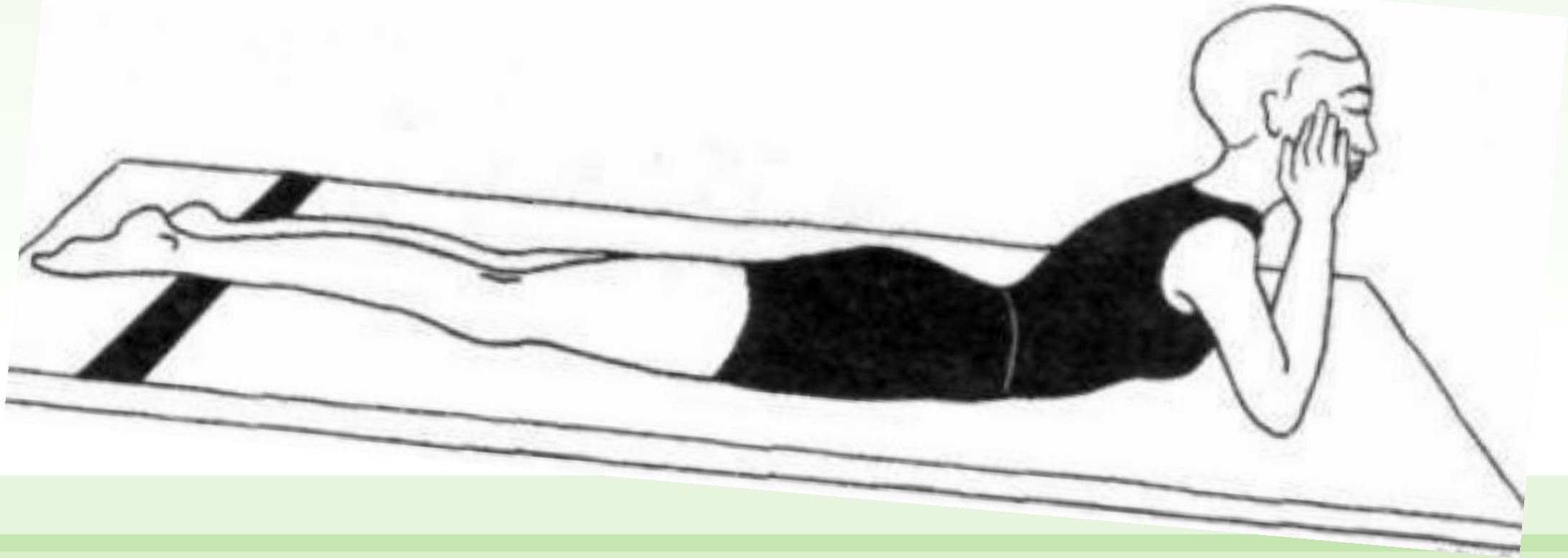
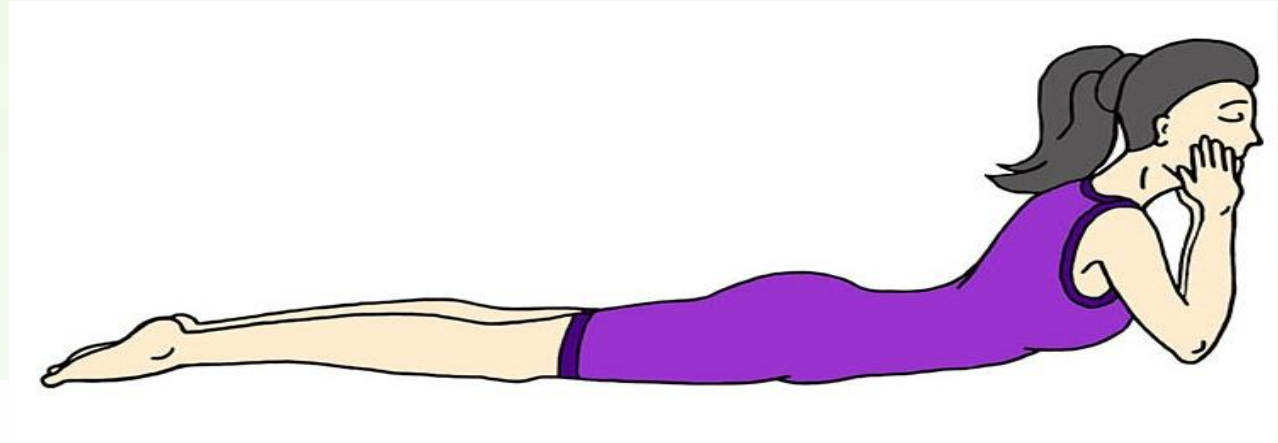
**KURMASANA**  
**THE TORTOISE POSE**



# 10. MAKARASANA

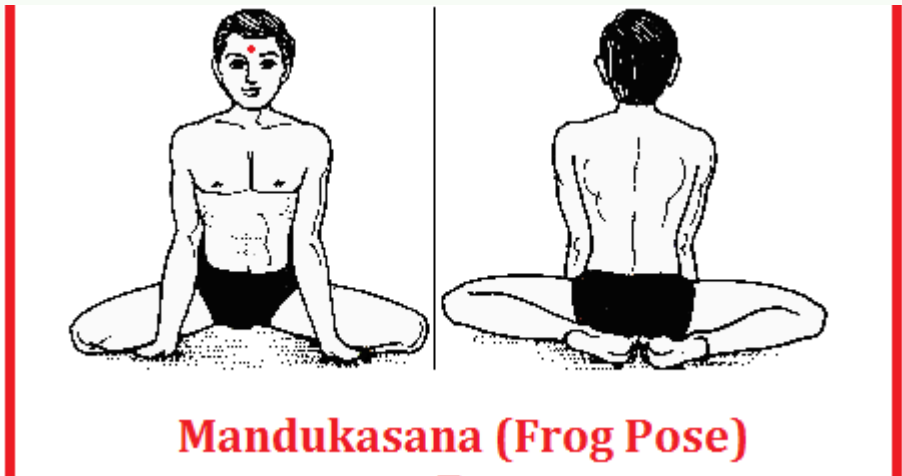


Makarāsana





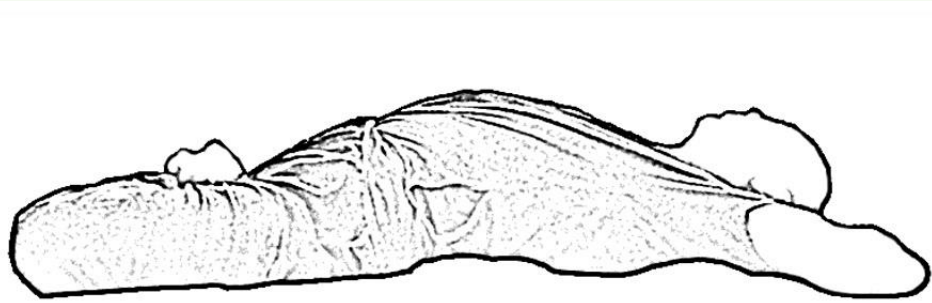
# 11. MANDUKASANA



# 12. MATSYASANA



Matsyāsana



Matsyāsana



## MATSYASANA

Chest up

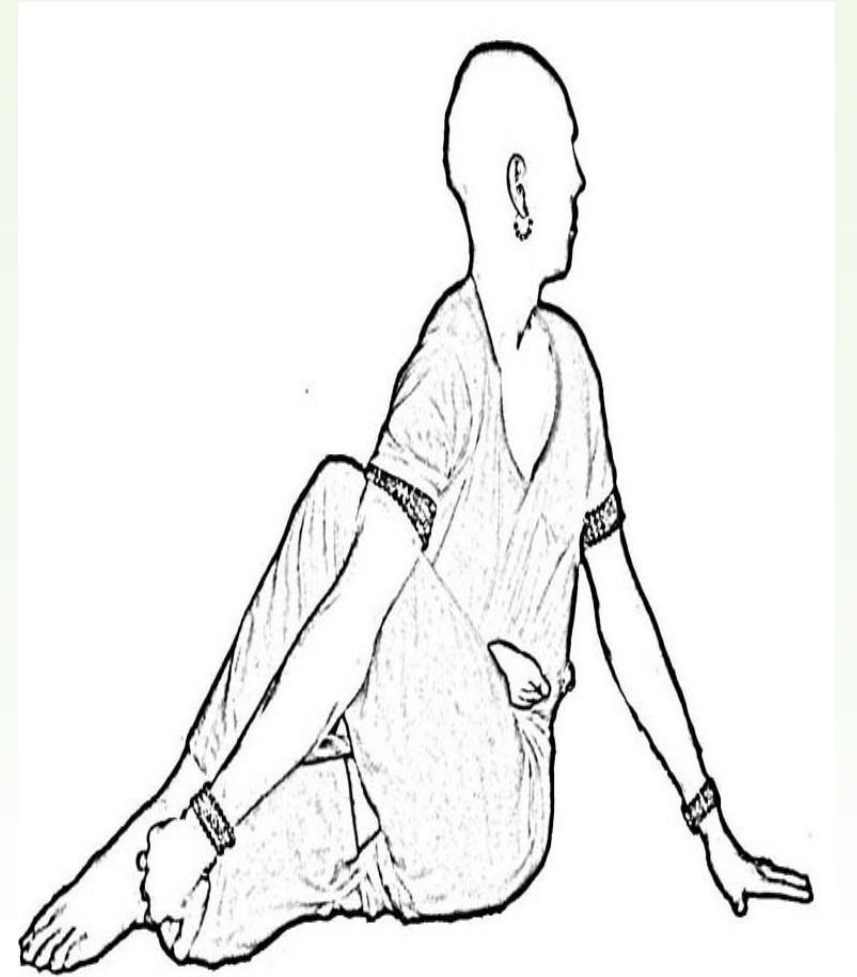
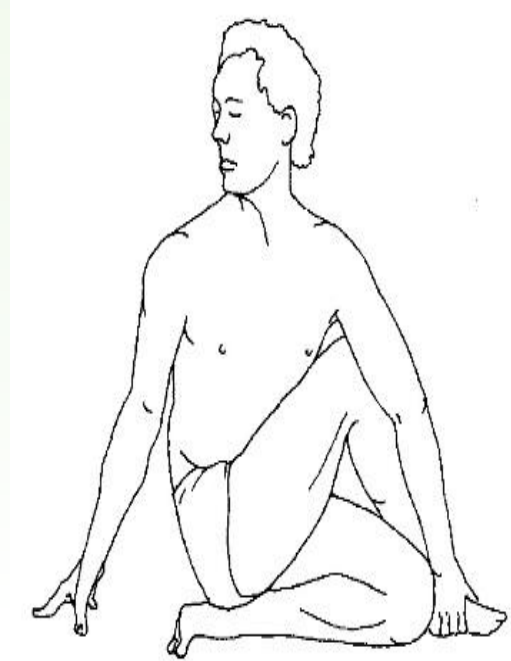
Cross legs in front  
or in full/half lotus

Gaze Forward

Crown on the floor



# 13. MATSYENDRASANA

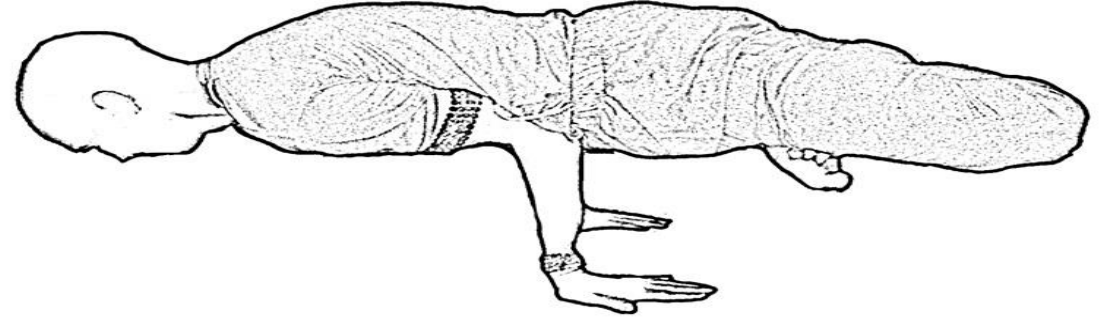


Matsyendrāsana

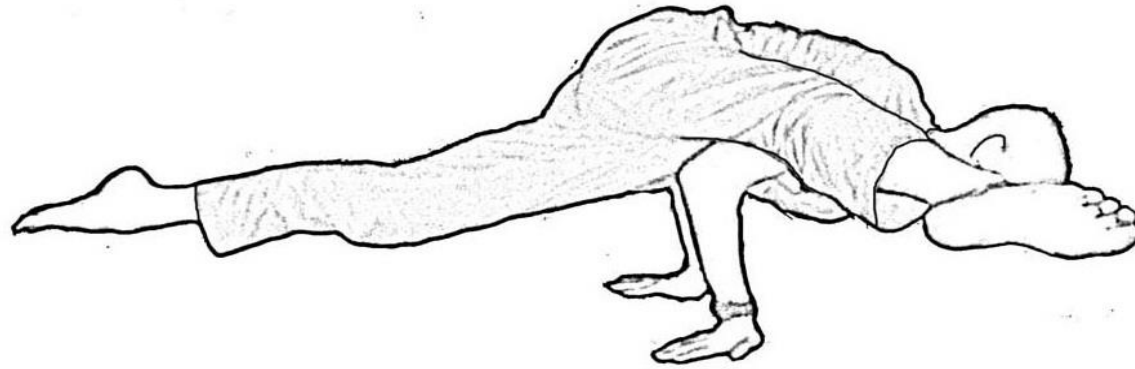
# 14. MAYURASANA



Mayūrāsana- Danda



Mayūrāsana - baddhakekee



Mayūrāsana- Pinda

# 15. MUKTASANA



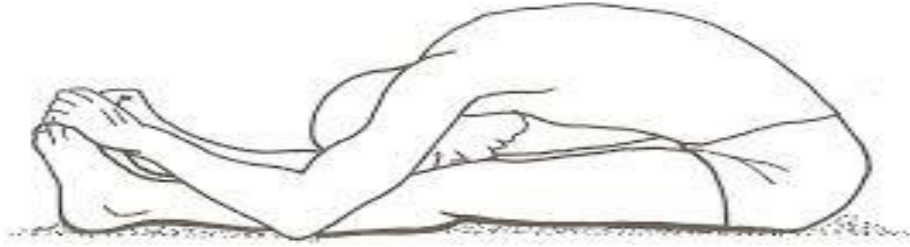
Muktāsana

# 16. PADMASANA





# 17. PASCHIMOTTANASANA



**Paschimottasana (Seated Forward Bend)**





# 18. SANKATASANA

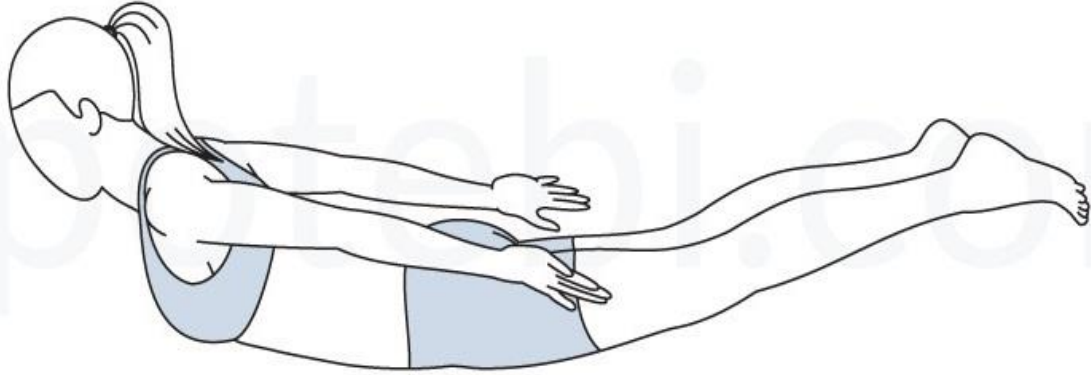


Sankatāsana

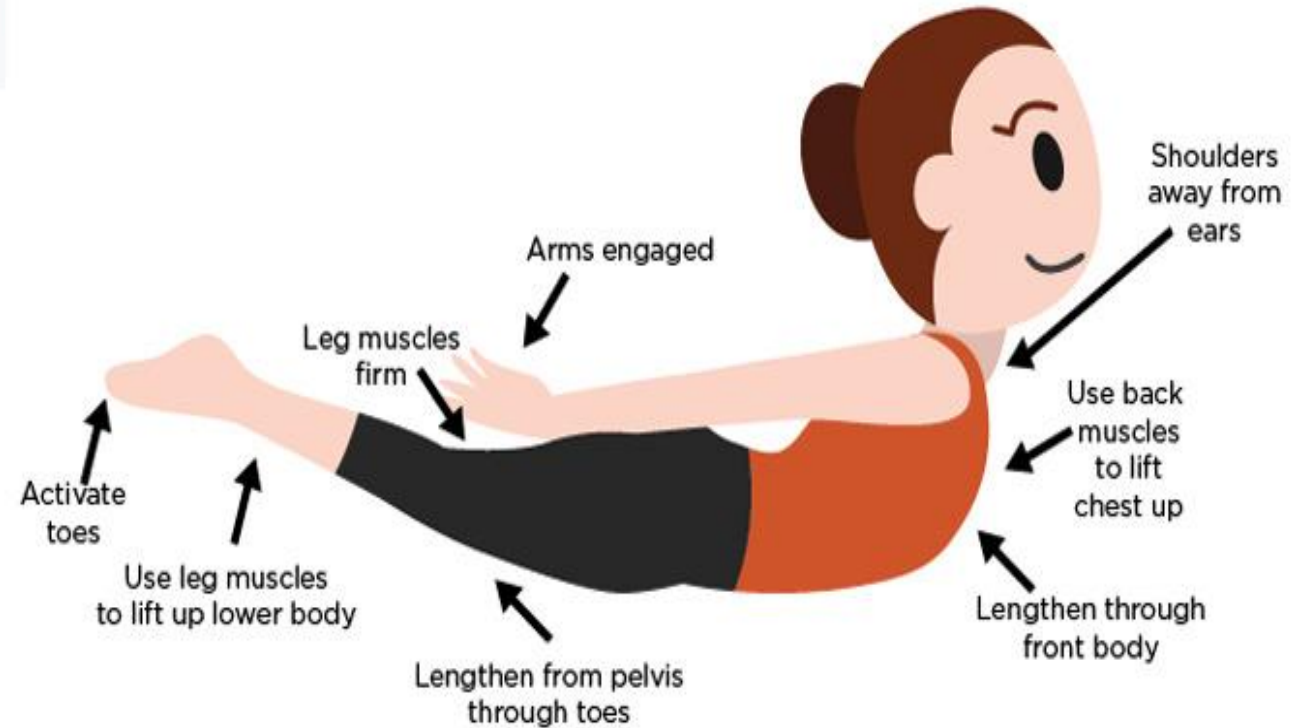
# 19. SAVASANA



# 20. SHALABHASANA



## SALABHASANA



# 21. SIDDHASANA



**SIDDHASANA  
THE ACCOMPLISHED POSE**





# 22. SIMHASANA



**SIMHASANA**  
**THE LION POSE**





# 23. SWASTIKASANA



## SWASTIKASANA THE AUSPICIOUS POSE



# 24. TRISHASANA (Vrushasana)



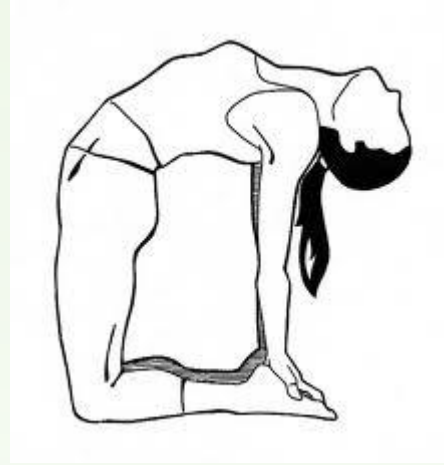
Vrushasana (Bull Pose)



Bull Pose



# 25. USHTRASANA

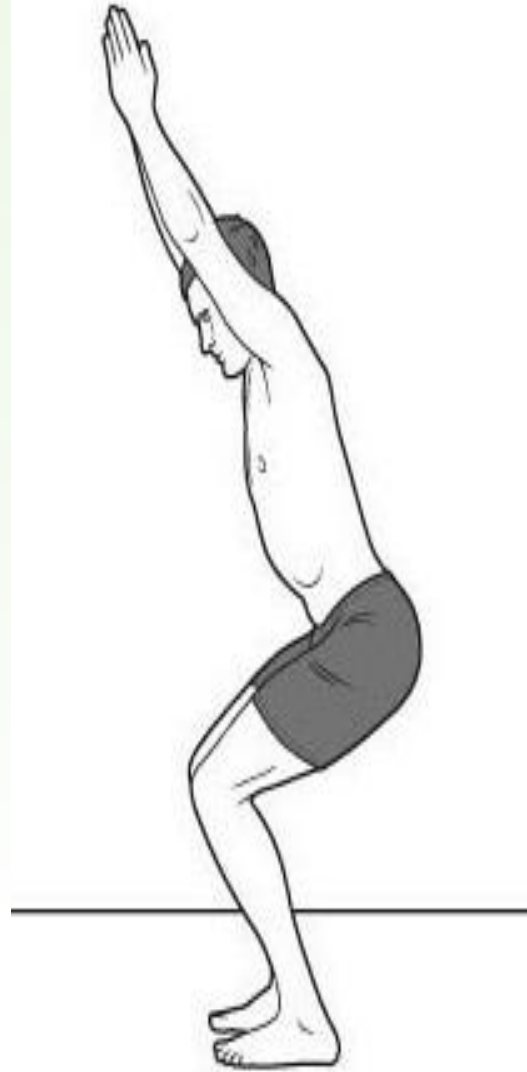


**USHTRASANA  
THE CAMEL POSE**





# 26. UTKATASANA



## UTKATASANA



# 27. UTTANA KURMASANA



Kūrmāsana - Uttāna Kūrmakāsana

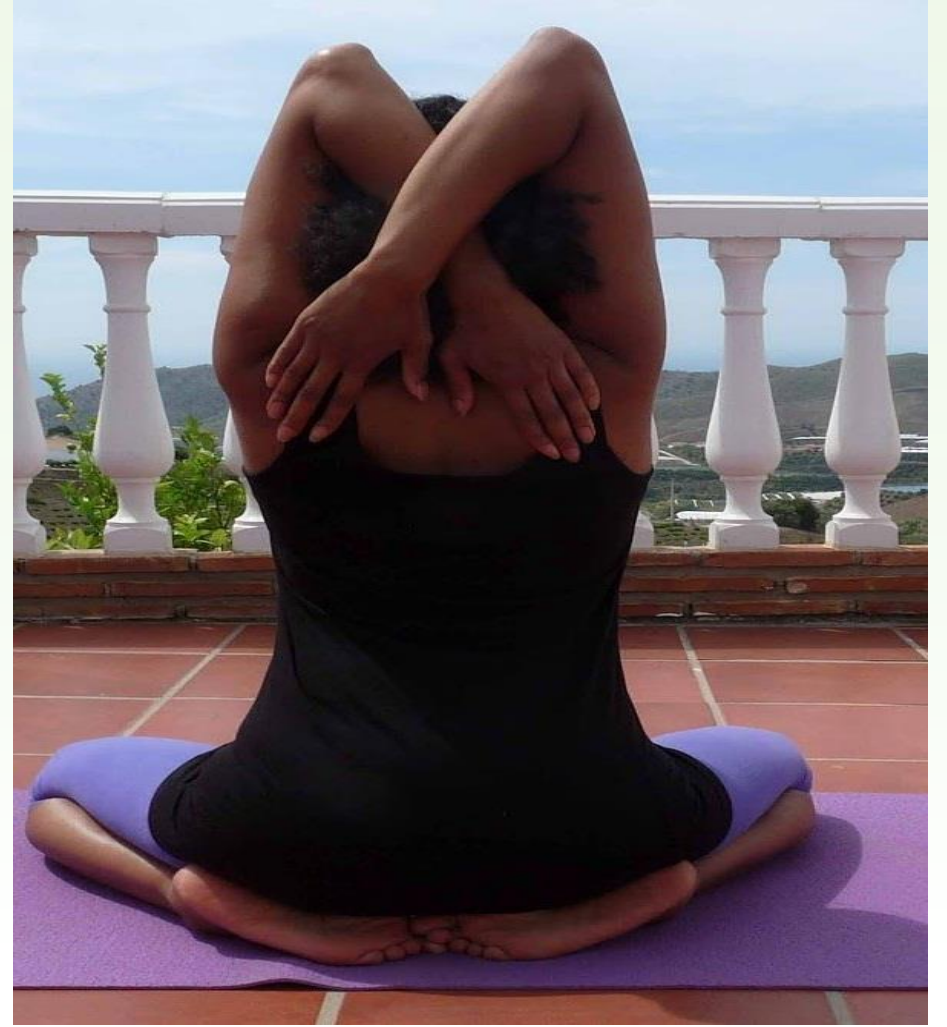




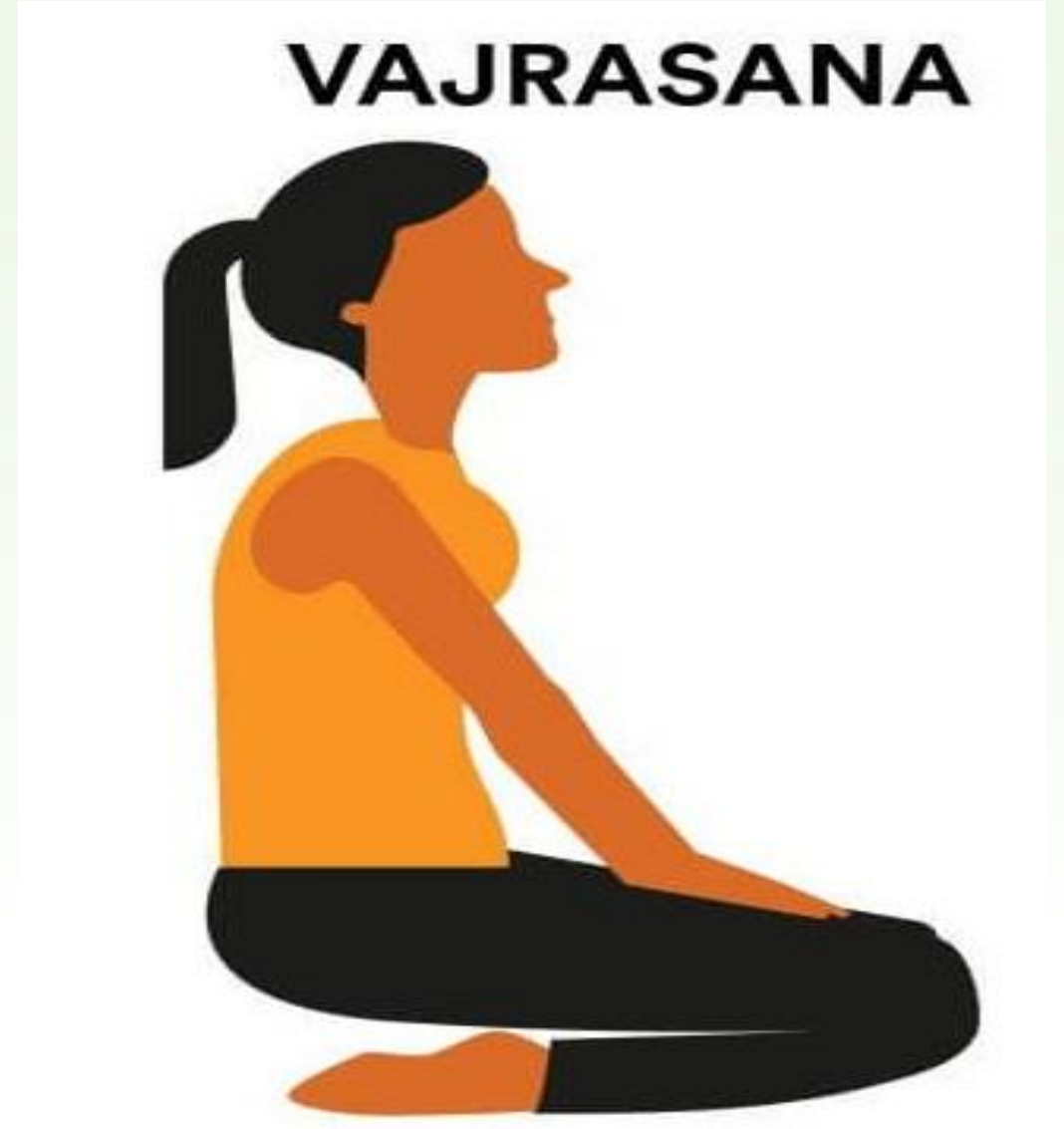
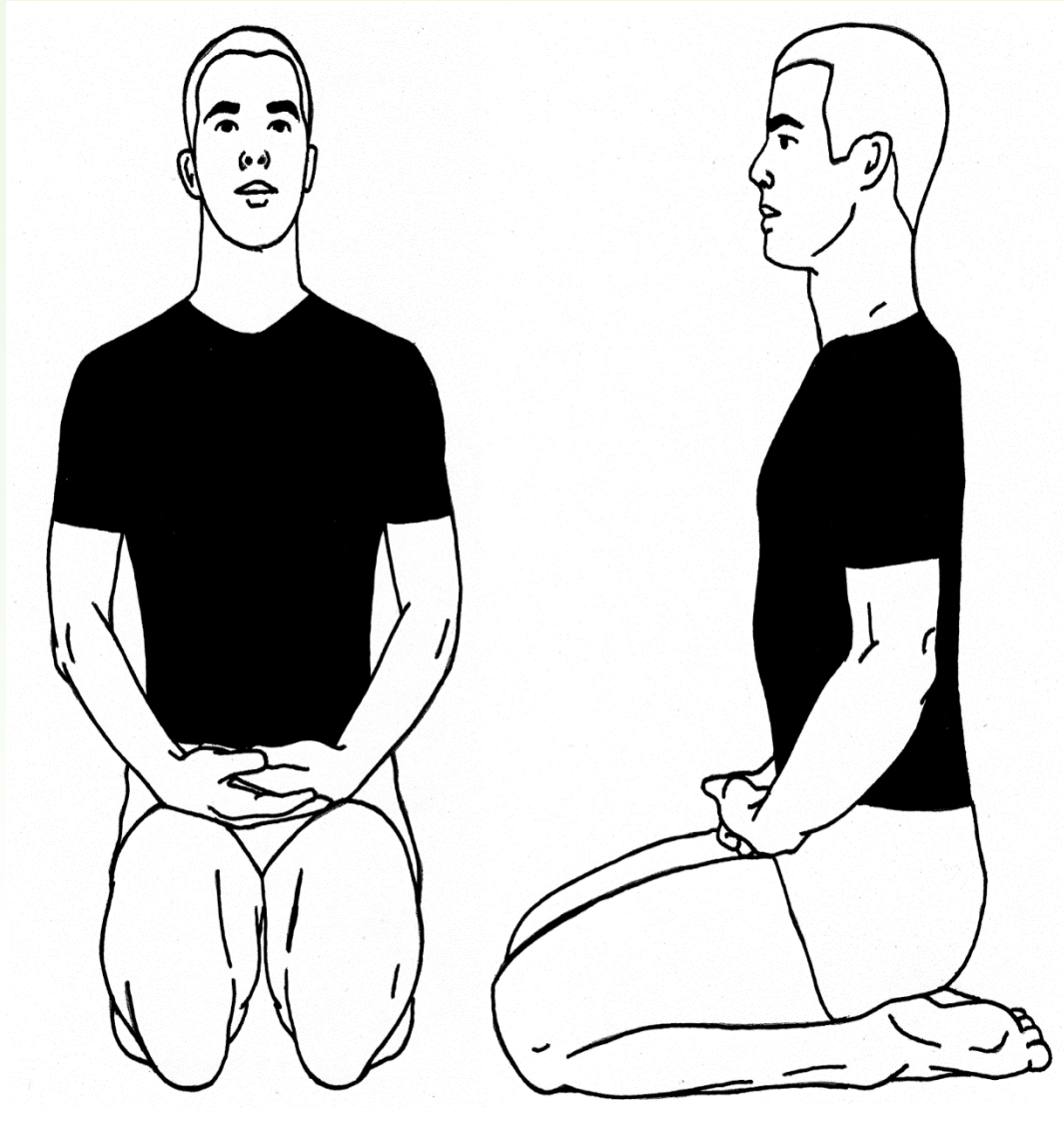
# 28. UTTANA MANDUKASANA



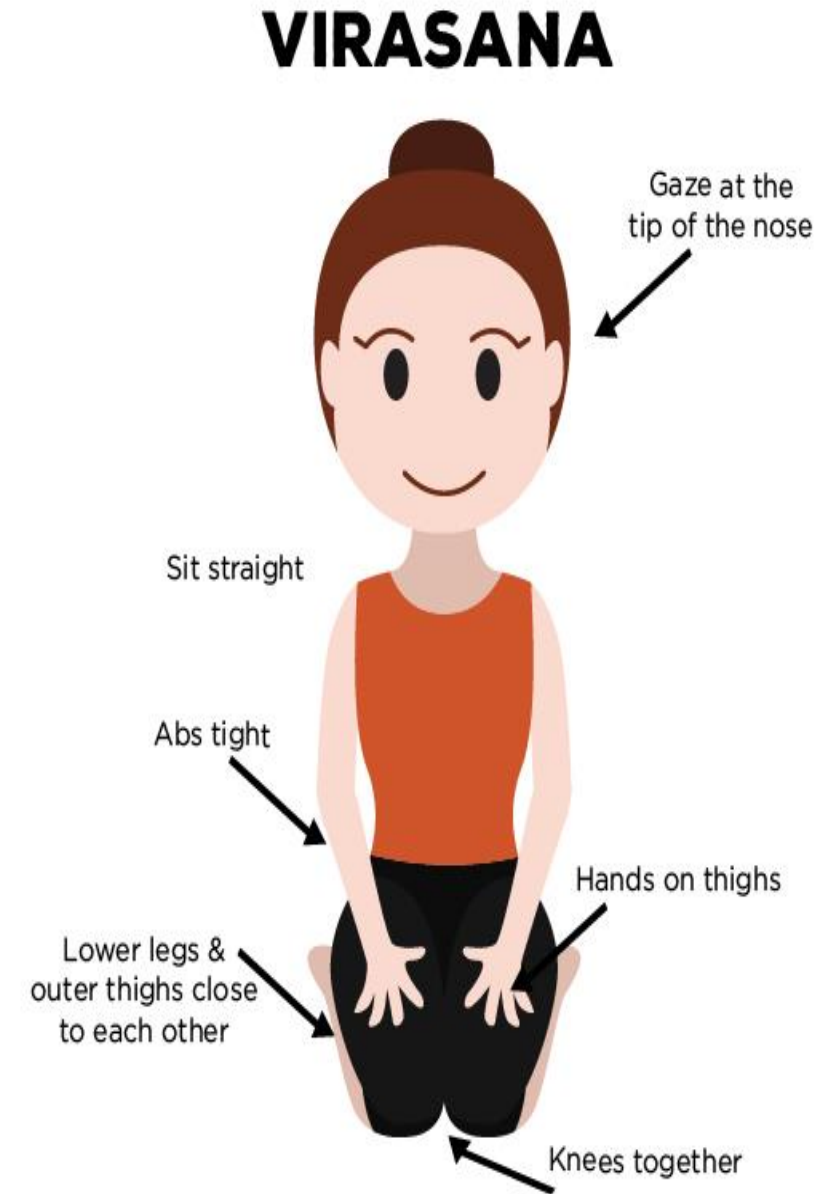
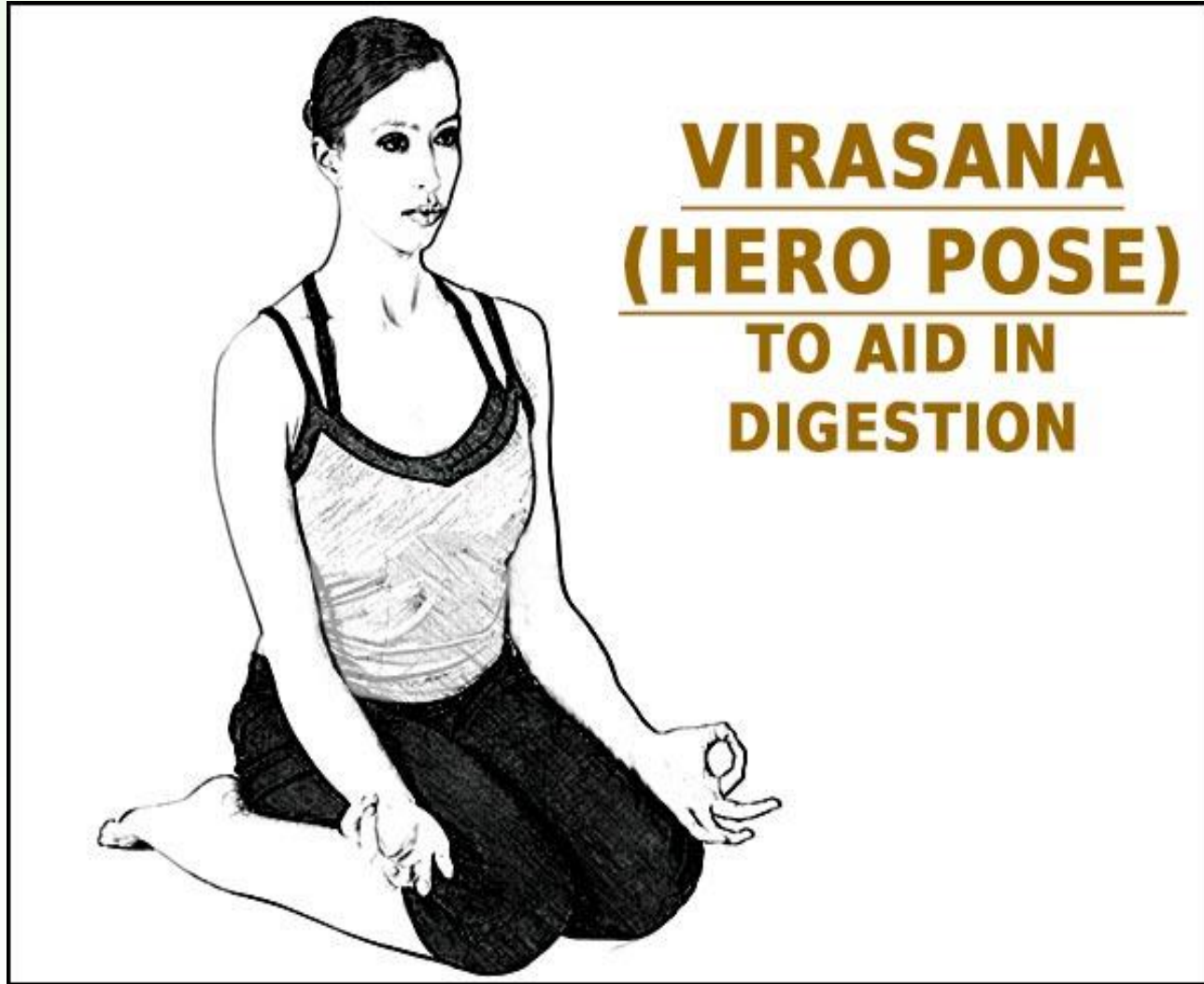
Mandūkāsana - Uttāna Mandūkāsana



# 29. VAJRASANA



# 30. VIRASANA





# 31. VRIKSHASANA



## Tree Pose

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## VRIKSHASANA THE TREE POSE





# 32. YOGASANA

**YOGA MUDRASANA**  
**THE PSYCHIC UNION POSE**

