



International Yoga day protocol



21st June, Ayush Ministry,
Government of India



Prayer



Neck Stretching



Shoulder Stretching



Shoulder Rotation



Trunk Twisting



Knee Movement



Tadasana



Vrikshasana



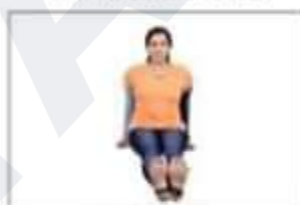
Pada-hasthasana



Ardh-Chakrasana



Trikonasana



Dandasana



Bhadrasana



Vajrasana



Ardh-ushtrasana



Ushtrasana



Shashankasana



Uttana-Mandukasana



Vakrasana



Makrasana



Bhujangasana



Shalabhasana



Setubandhasana



Uttanpadasana



Ardh-halasan



Pavan-Mukt-Asana



Shavasana



Kapalbhati



Nadishodhana



Sitali Pranayam



Bhramari Pranayam



Dhyana