

2025 SOY Postures List 2 July 2025

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Mountain Sama Stithih (Tadasana)	86
SSA Urdhva Hastasana > Forward Bend (Uttanasana) (Ardha Uttanasana) > Plank (Khumbhakasana) (on knees) Side Plank (Vasisthasana) (supported by one foot) (one leg raised)	90 150 154
Cobra (Bhujangasana) (or Urdhva Mukha Svanasana)	158
Downward-facing Dog (Adho Mukha Svanasana)	124
SSB Chair (Utkatasana) feet together, feet apart SSC Warrior I, Warrior III (Virabhadrasana III) (or one leg cat stretch) > AMS Crescent Lunge (Anjaneyasana) A on one knee, B standing	94 106 98
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