

Advanced Asana 1

- Balancing Half Moon
- Balancing Posterior Stretch
- Bow
- Camel
- Cow's Head
- Cross legged Great Seal
- Crow
- Eagle
- Garland Posture
- Gate
- Inclined Plane
- Lotus
- Reclining Diamond
- Rotated Balancing Half Moon
- Seated Angle
- Seated Archer
- Simple Twist
- Squatting Bound Angle
- Standing Bow
- Upward Boat

Advanced Asana 2

- Balancing Seated Angle
- Balancing Stick
- Bent Leg Tree
- Bound Hero
- Bow variations
- Dancer
- Flamingo
- Half Circle
- Inverted Turtle
- Kurmasana
- Lateral Angle
- Parvatasana
- Raised-on-both-arms posture
- Reclining Stick
- Rotated Jhanushirshasana
- Rotated Lateral Angle
- Sideways Boat
- Standing Angle
- Standing Split
- Toe Stand

Advanced Asana 3

- Bridge
- Energy Posture
- Fish variations
- Forward Split
- Hand-balancing Diamond
- Head-to-Ground Lunge
- Holding-Your-Leg posture
- Knot Piercing Pose
- Lateral Inclined Plane
- Locust
- Mariachiasana
- Peacock
- Reclining Bound Angle
- Rotated Posterior Stretch
- Rotated Triangle
- Sky Gazer
- Straight-Leg Runner's Stretch
- Toe Stand variation
- Upward Facing Dog
- Wheel

Advanced Asana 4

- Angled Shoulderstand
- Balancing Pigeon
- Bound Lotus
- Folded Tree
- Half Camel
- Handstand
- Head-to-One-Foot Pose
- Headstand
- Inverted Rabbit
- Lifted Staff
- Noose Posture
- Pigeon variations
- Plow
- Rabbit
- Rooster
- Scorpion
- Seated Four-Angle Pose
- Sideways Crow
- Swallow
- Swing Pose