



Bhramarii (Turns)

1. *Utpluta* (jump and turn in samapada position)
2. *Bestita* (turning as wrapping)
3. *Cakra* (striking the ground with the feet repeatedly while making a circle)
4. *Garuda* (stretching on leg)
5. *Ekapada* (turning quickly on one foot)
6. *Kunchita* (turning around while bending the knees)
7. *Biparita* (turning outwards)
8. *Aakaasa* (turning in the air)
9. *Ardha* (turning 180 or half turn^)
10. *Anga* (turn of the body)