

UTKATASANA

13 VINYASA

STATE 7

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|-------------|------------------|--|---------|
| SAMASTHITIH | | | |
| EKAM | INHALE | Arms up, Look up | |
| DUE | EXHALE | Fold forward | |
| TRINI | INHALE | Head up | |
| CATVARI | EXHALE | Jump back | |
| PANCA | INHALE | UP dog | |
| SAT | EXHALE | Down dog | |
| SAPTA | INHALE EXHALE | Jump, sit low 5 BREATHS Hands on the floor | Angusta |
| ASTA | INHALE | Jump Up Ekapadabakasana | |
| NAVA | EXHALE | Land in the push up position | |
| DASA | INHALE | Up dog | |
| EKADASA | EXHALE | Down Dog | |
| DUADASA | INHALE | Jump to stand, head up | |
| TRAYODASA | EXHALE | Fold forward | |
| SAMASTHITIH | | | |