

## PADANGUSTASANA

3 VINYASA

STATE 2

SAMASTHITIH			
EKAM	INHALE	Take toes, look up	
DUE	EXHALE	STAY FOR 5 BREATHS	Padhayoragrai
TRINI	INHALE	Look up, arms straight	
SAMASTHITIH			

## HASTA PADASANA

3 VINYASA

STATE 2

SAMASTHITIH			
EKAM	INHALE	Place hand under your feet	
DUE	EXHALE	STAY FOR 5 BREATHS	Padhayoragrai
TRINI	INHALE	Look up, arms straight	
SAMASTHITIH			