

UTTHITA PARVAKONASANA A & B

5 VINYASA

STATE 2/4

SAMASTHITIH			
EKAM	INHALE	Open to the right, turn your feet to the right look the right hand	
DUE	EXHALE	Bend your knees 90 degrees STAY FOR 5 BREATHS	Hastagrai
TRINI	INHALE	Come up, turn to the other side	
CATVARI	EXHALE	STAY FOR 5 BREATHS	Hastagrai
PANCA	INHALE	Come up	
EKAM	INHALE		
DUE	EXHALE	Bend your knees 90 degrees, Twist your body STAY FOR 5 BREATHS	Hastagrai
TRINI	INHALE	Come up, turn to the other side	
CATVARI	EXHALE	STAY FOR 5 BREATHS	Hastagrai
PANCA	INHALE	Come up	
SAMASTHITIH			