

PRASARITA PADOTTANASANA A B C D
5 VINYASA
STATE 3 EXTRA BREATH ON 2 AND 4

SAMASTHITH			
EKAM	INHALE	Open to the right Hands on the waist	
DUE	EXHALE INHALE	Go down Hands on the floor Open up	
TRINI	EXHALE	Go down STAY FOR 5 BREATHs	Nasagrai
CATVARI	INHALE EXHALE	Come half way back Hands on the waist	
PANCA	INHALE	Come all the way up	
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EKAM	INHALE	Open arms	
DUE	EXHALE INHALE	Hands on the waist Open up	
TRINI	EXHALE	Go down STAY FOR 5 BREATHs	Nasagrai
CATVARI	INHALE EXHALE	Come all the way up	
PANCA	INHALE		
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EKAM	INHALE	Open arms	
DUE	EXHALE INHALE	Arms behind your back cross your fingers Open up	
TRINI	EXHALE	Go down STAY FOR 5 BREATHs	Nasagrai
CATVARI	INHALE EXHALE	Come all the way up Release	
PANCA	INHALE	Open your arms	
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EKAM	INHALE	Hands on the waist	
DUE	EXHALE INHALE	Go down Grap your toes Open up	
TRINI	EXHALE	Go down STAY FOR 5 BREATHs	Nasagrai
CATVARI	INHALE EXHALE	Come half way back Hands on the waist	
PANCA	INHALE	Come all the way up	
SAMASTHITH			

