

PARSVOTTANASANA

5 VINYASA

STATE 2/4

SAMASTHITIH			
EKAM	INHALE		
DUE	EXHALE	STAY FOR 5 BREATHS	Padhayoragrai
TRINI	INHALE		
CATVARI	EXHALE	STAY FOR 5 BREATHS	Padhayoragrai
PANCA	INHALE		
SAMASTHITIH			