

# UTTHITA HASTA PADANGUSTHASANA

14 VINYASA

STATE 2 4 7 9 11 14

SAMASTHITIH			
EKAM	INHALE	Raise your right let Take your big toe with right hand Stand tall	
DVE	EXHALE	Fold Forward. Head to the knee STAY FOR 5 BREATHS	Padhayoragrai
TRINI	INHALE	Head up	
CATVARI	EXHALE	Open leg to the right side STAY FOR 5 BREATHS	Pasva
PANCA	INHALE	Bring let to center	
SAT	EXHALE	Head to knee	
SAPTA	INHALE	Head up Both hands to the waist keep leg lifeted STAY FOR 5 BREATHS	Padhayoragrai
		Leg down	
ASTAU	INHALE	Raise your left let Take your big toe with left hand Stand tall	
NAVA	EXHALE	Fold Forward. Head to the knee STAY FOR 5 BREATHS	Padhayoragrai
DASA	INHALE	Head up	
EKADASA	EXHALE	Open leg to the left side STAY FOR 5 BREATHS	Pasva
DVADASA	INHALE	Bring let to center	
TRAYODASA	EXHALE	Head to knee	
CATURDASA	INHALE	Head up Both hands to the waist keep leg lifeted STAY FOR 5 BREATHS	Padhayoragrai
		Leg down	
SAMASTHITIH			