

ARDHA BADDHA PADMOTTANASANA

9 VINYASA

STATE 2 7

SAMASTHITHI				
EKAM	INHALE	Prepare		
DUE	EXHALE	Fold Forward STAY FOR 5 BREATHS	Padhayoragrai	
TRINI	INHALE EXHALE	Come up half way		Extra breath
CATVARI	INHALE	Came all the way up		
PANCA	EXHALE	Release your leg		
SAT	INHALE			
SAPTA	EXHALE	Fold Forward STAY FOR 5 BREATHS	Padhayoragrai	
ASTA	INHALE EXHALE	Come up half way		Extra breath
NAVA	INHALE	Came all the way up		
		Release your leg		
SAMASTHITHI				