

VIRABHADRASANA A B

16 VINYASA

STATE 7 8 9 10

SAMASTHITIH			
EKAM	INHALE	Arms up, Look up	
DUE	EXHALE	Fold forward	
TRINI	INHALE	Head up	
CATVARI	EXHALE	Jump back	
PANCA	INHALE	UP dog	
SAT	EXHALE	Down dog	
SAPTA	INHALE EXHALE	Right feet between your hands, square your hips, right knee 90 degrees arms up look up 5 BREATHS	Urdhva
ASTA	INHALE EXHALE	Straighthen your leg Turn to the left side 5 BREATHS	Urdhva
NAVA	INHALE EXHALE	Ajust right foot 90 degrees Open arms and bring to shoulder height 5 BREATHS	Hastagrai
DASA	INHALE EXHALE	Straighthen your leg Ajust left foot 90 degrees 5 BREATHS Hands on the floor, slide your feet a little	Hastagrai
EKADASA	INHALE	Jump Up (Ekapadabakasana)	
DUADASA	EXHALE	Land in the push up position	
TRAYODASA	INHALE	Up dog	
CATURDASA	EXHALE	Down Dog	
PANCADASA	INHALE	Jump to stand, head up	
SODASA	EXHALE	Fold forward	