

# DANDASANA, PASCIMATTANASANA A B C D

16 VINYASA

STATE 7 9

|             |                  |  |               |
|-------------|------------------|--|---------------|
| 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<br>EXHALE | Jump throught<br>Dandasana<br>5 BREATHS          |               |
| ASTA        | INHALE           | Take your big toes<br>Pascimattana A             |               |
| NAVA        | EXHALE           | 5 BREATHS  | Padhayoragrai |
| DASA        | INHALE<br>EXHALE | Look up<br>Release                               |               |
| EKADASA     | INHALE<br>EXHALE | Lift botton up                                   |               |
| ASTA        | INHALE           | Take over the top of your feet<br>Pascimattana B |               |
| NAVA        | EXHALE           | 5 BREATHS  | Padhayoragrai |
| DASA        | INHALE<br>EXHALE | Look up<br>Release                               |               |
| EKADASA     | INHALE<br>EXHALE | Lift botton and leg up                           |               |

|             |                  |   |               |
|-------------|------------------|---|---------------|
| ASTA        | INHALE           | Take the side of your feet<br><b>Pascimattana C</b> |               |
| NAVA        | EXHALE           | <b>5 BREATHS</b>                                    | Padhayoragrai |
| DASA        | INHALE<br>EXHALE | Look up botton,<br>Release                          |               |
| EKADASA     | INHALE<br>EXHALE | cross your legs, lift up and<br>swing               |               |
| ASTA        | INHALE           | Take your wrist<br><b>Pascimattana D</b>            |               |
| NAVA        | EXHALE           | <b>5 BREATHS</b>                                    | Padhayoragrai |
| DASA        | INHALE<br>EXHALE | Look up<br>Release                                  |               |
| EKADASA     | INHALE           | Cross your legs, lift up                            |               |
| DUADASA     | EXHALE           | Jump back   |               |
| TRAYODASA   | INHALE           | UP dog  |               |
| CATURDASA   | EXHALE           | Down Dog  |               |
| PANCADASA   | INHALE           | Jump to stand                                       |               |
| SODASA      | EXHALE           | Fold Forward  |               |
| SAMASTHITIH |                  |   |               |