

# PURVOTTANASANA

15 VINYASA

STATE 8

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	Jump through Place your hands behind, bend a little your knees	
ASTA	INHALE	Lift up, take head back 5 BREATHS	Nasagrai
NAVA	EXHALE	Come down and cross your legs	
DASA	INHALE	Lift up	
EKADASA	EXHALE	Jump back	
DUADASA	INHALE	Up Dog	
TRAYODASA	EXHALE	Down Dog	
CATURDASA	INHALE	Jump to stand position	
PANCADASA	EXHALE	Fold Forward	
SAMASTHITIH			