

Legend



State of asanas is painted in bleu



5 breaths
10 breaths
25 breaths



Extra breath
Inhale
Exhale



Don't say the number when linked



Questions / Doubts



Repetead times the same asanas (exemple. Navassana)



Linked asanas (exemple) garba pindasana and Kukuttasana)



Half Vinyasa

Note from the author: Sanskrit and English are not my mother tongue.
After all I am human I do make mistakes!