

# JANUSIRSANANA A

22 VINYASA

STATE 8 15

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	Jump through and prepare Fold right leg and put right feet at left thigh pressing	
ASTA	EXHALE	Fold forward 5 BREATHS	Padhayoragrai
NAVA	INHALE EXHALE	Come up, Open up Release	
DASA	INHALE	Lift up	
EKADASA	EXHALE	Jump back	
DUADASA	INHALE	Up Dog	
TRAYODASA	EXHALE	Down Dog	
CATURDASA	INHALE	Jump through and prepare idem	
PANCADASA	EXHALE	Fold forward 5 BREATHS	Padhayoragrai
SODASA	INHALE EXHALE	Come up Open up Release	
SAPTADASA	INHALE	Lift up	
ASTADASA	EXHALE	Jump back	
EKONAVIMSATIH	INHALE	Up Dog	
VIMSATIH	EXHALE	Down Dog	
EKAVIMSATIH	INHALE	Jump to stand position	
DUAVIMSATIH	EXHALE	Fold Forward	
SAMASTHTTTH			

# JANUSIRSANANA B

22 VINYASA

STATE 8 15

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	Jump through and prepare lift the buttock put heal and anus	
ASTA	EXHALE	Fold forward 5 BREATHS	Padhayoragrai
NAVA	INHALE EXHALE	Come up Open up Release	
DASA	INHALE	Lift up	
EKADASA	EXHALE	Jump back	
DUADASA	INHALE	Up Dog	
TRAYODASA	EXHALE	Down Dog	
CATURDASA	INHALE	Jump through and prepare i	
PANCADASA	EXHALE	Fold forward 5 BREATHS	Padhayoragrai
SODASA	INHALE EXHALE	Come up Open up Release	
SAPTADASA	INHALE	Lift up	
ASTADASA	EXHALE	Jump back	
EKONAVIMSATIH	INHALE	Up Dog	
VIMSATIH	EXHALE	Down Dog	
EKAVIMSATIH	INHALE	Jump to stand position	
DUAVIMSATIH	EXHALE	Fold Forward	
SAMASTHITIH			

# JANUSIRSANANA C

22 VINYASA

STATE 8 15

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	Jump through and prepare, flex foot and put toes on the floor and foot pressing tight	
ASTA	EXHALE	Fold forward 5 BREATHs	Padhayoragrai
NAVA	INHALE EXHALE	Come up Open up Release	
DASA	INHALE	Lift up	
EKADASA	EXHALE	Jump back	
DUADASA	INHALE	Up Dog	
TRAYODASA	EXHALE	Down Dog	
CATURDASA	INHALE	Jump through & prepare idem	
PANCADASA	EXHALE	Fold forward 5 BREATHs	Padhayoragrai
SODASA	INHALE EXHALE	Come up Open up Release	
SAPTADASA	INHALE	Lift up	
ASTADASA	EXHALE	Jump back	
EKONAVIMSATIH	INHALE	Up Dog	
VIMSATIH	EXHALE	Down Dog	
EKAVIMSATIH	INHALE	Jump to stand position	
DUAVIMSATIH	EXHALE	Fold Forward	
SAMASTHTTTH			