

MARICASANA 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	
ASTA	EXHALE	Fold forward 5 BREATHS	Padhayoragrai
NAVA	INHALE EXHALE	Come up Release	
DASA	INHALE	Lift up	
EKADASA	EXHALE	Jump back	
DUADASA	INHALE	Up Dog	
TRAYODASA	EXHALE	Down Dog	
CATURDASA	INHALE	Jump through and prepare	
PANCADASA	EXHALE	Fold forward 5 BREATHS	Padhayoragrai
SODASA	INHALE EXHALE	Come 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			

MARICASANA 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	
ASTA	EXHALE	Fold forward 5 BREATHs	Nasagrai
NAVA	INHALE EXHALE	Come up Release	
DASA	INHALE	Lift up	
EKADASA	EXHALE	Jump back	
DUADASA	INHALE	Up Dog	
TRAYODASA	EXHALE	Down Dog	
CATURDASA	INHALE	Jump through and prepare	
PANCADASA	EXHALE	Fold forward 5 BREATHs	Nasagrai
SODASA	INHALE EXHALE	Come 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			

MARICASANA C

18 VINYASA

STATE 7 12

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 5 BREATHS	Pasva
	EXHALE	Release	
ASTA	INHALE	Lift up	
NAVA	EXHALE	Jump back	
DASA	INHALE	Up Dog	
EKADASA	EXHALE	Down Dog	
DUADASA	INHALE	Jump through and prepare 5 BREATHS	Pasva
	EXHALE	Release	
TRAYODASA	INHALE	Lift up	
CATURDASA	EXHALE	Jump back	
PANCADASA	INHALE	Up Dog	
SODASA	EXHALE	Down Dog	
SAPTADASA	INHALE	Jump to stand position	
ASTADASA	EXHALE	Fold Forward	
SAMASTHITIH			

MARICASANA D

18 VINYASA

STATE 7 12

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 and prepare 5 BREATHS Release	Pasva
ASTA	INHALE	Lift up	
NAVA	EXHALE	Jump back	
DASA	INHALE	Up Dog	
EKADASA	EXHALE	Down Dog	
DUADASA	INHALE EXHALE	Jump through and prepare 5 BREATHS Release	Pasva
TRAYODASA	INHALE	Lift up	
CATURDASA	EXHALE	Jump back	
PANCADASA	INHALE	Up Dog	
SODASA	EXHALE	Down Dog	
SAPTADASA	INHALE	Jump to stand position	
ASTADASA	EXHALE	Fold Forward	
SAMASTHITIH			