

NAVASANA

13 VINYASA

STATE 7

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 to Navasana 5 BREATHS Cross your legs	Padhayoragrai
ASTA	INHALE	Lift up	
SAPTA	INHALE EXHALE	Jump to Navasana 5 BREATHS Cross your legs	Padhayoragrai
ASTA	INHALE	Lift up	
SAPTA	INHALE EXHALE	Jump to Navasana 5 BREATHS Cross your legs	Padhayoragrai
ASTA	INHALE	Lift up	
SAPTA	INHALE EXHALE	Jump to Navasana 5 BREATHS Cross your legs	Padhayoragrai
ASTA	INHALE	Lift up	
SAPTA	INHALE EXHALE	Jump to Navasana 5 BREATHS Cross your legs	Padhayoragrai
ASTA	INHALE	Lift up, swing	
NAVA	EXHALE	Jump back	
DASA	INHALE	Up dog	
EKADASA	EXHALE	Down Dog	
DUADASA	INHALE	Jump to stand,	
TRAYODASA	EXHALE	Fold forward	
SAMASTHITIH			