

URDHVA DHANURASANA

15 VINYASA

STATE 9

SAMASTHITHI			
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	Dandasana Lie down	
ASTA	INHALE EXHALE	Prepare, Feet hip distance apart Prepare hands	
NAVA	INHALE	Straighten through the arms and then the legs 5 BREATHS	Nasagra
DASA	EXHALE	Come down and release	
NAVA	INHALE	Straighten through the arms and then the legs 5 BREATHS	Nasagra
DASA	EXHALE	Come down and release	
NAVA	INHALE	Straighten through the arms and then the legs 5 BREATHS	Nasagra
DASA	EXHALE	Come down and release	
EKADASA	INHALE EXHALE	Chakrasana Land in Push up position	
DUADASA	INHALE	Up Dog	
TRAYODASA	EXHALE	Down Dog	
CATURDASA	INHALE	Jump to stand position	
PANCADASA	EXHALE	Fold Forward	
SAMASTHITHI			

