

FINISHING POSTURES

X VINYASA

STATE X

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 Dandasana Lie down		
ASTAU	INHALE EXHALE	Roll up Legs together hands behind your back 25 BREATHS	NABICHA KRA	SALAMBA SARVANGASANA 13
ASTAU	INHALE EXHALE	Roll over your head Interlock your hands behind your back Keep elbows bent 10 BREATHS	NASAGRA	HALASANA 13
ASTAU	INHALE EXHALE	Bent your knees Do a pressure in your ears 10 BREATHS	NASAGRA	KARNAPIDASANA 13
ASTAU	INHALE	Roll up		
NAVA	EXHALE	Fold to padmasana Hands to your knee 10 BREATHS	NASAGRA	URDUVA PADMASANA 14
ASTAU	INHALE			
NAVA	EXHALE	Fold to padmasana Hands to your knee 10 BREATHS	NASAGRA	PINDASANA 14

ASTAU	INHALE EXHALE	Fold to padmasana Lift your heart Arch up Press knees towards mat 10 BREATHS Release	NASAGRA	MATSYASANA 13
ASTAU	INHALE EXHALE	Arch your back Lift arms and legs 45o. Open heart Point toes 10 BREATHS Release	NASAGRA	UTTANA PADASANA 13
NAVA	INHALE EXHALE	Chakrasana Land in push up		
DASA	INHALE	UP dog		
EKADASA	EXHALE	Down Dog		
DUADASA	INHALE	Jump to stand		
TRAYODASA	EXHALE	Fold Forward		
SAMASTHITIH				