

SALAMBA SIRSANSA

13 VINYASA

STATE 8

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 forward to your knees Clasp fingers together Press roots of the hands Place elbows on the mat Place the crown of the head Straigten yourlegs Point your toes		
ASTAU	INHALE	Press arms Lift shouds Press back of the head Come up Ribs in 25 BREATHS	NASAGRA	
NAVA	EXHALE INHALE	Legs down Legs up		X 5 times
NAVA	EXHALE INHALE	Half bent 5 BREATHS Legs up	NASAGRA	
NAVA	EXHALE	Child's pose		2 min
NAVA	EXHALE	Catvari position		
DASA	INHALE	Up dog		
EKADASA	EXHALE	Down Dog		
DUADASA	INHALE	Jump to stand, head up		
TRAYODASA	EXHALE	Fold forward		
SAMASTHITIH				

