

PADMASANA
15 VINYASA
STATE 8 9

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 Dandasana		
ASTAU	INHALE	Right heel to the navel Left heel to the navel Left big toe with left hand Right big toe with right hand		
NAVA	EXHALE	Fold Forward Place head on the mat Extend chin forward 5 BREATHS	BROOMADHYA	YOGAMUDRA 15
DASA	INHALE	Come up		
NAVA	EXHALE	Release your arms Place hands behind your back to counter stretch 5 BREATHS		
DASA	INHALE	Come back		
ASTAU	EXHALE	25 BREATHS Release hands on the Mat	NASAGRAI	PADMASANA 15
NAVA	INHALE	Lift knees towards chest Lift totally of the mat 25 BREATHS	BROOMADHYA	Uth Pluthi 15
DASA	INHALE	Lift up		
EKADASA	EXHALE	Jump back		
DUADASA	INHALE	Up Dog		
TRAYODASA	EXHALE	Down Dog		
CATURDASA	INHALE	Jump to stand position		
PANCADASA	EXHALE	Fold Forward		

