
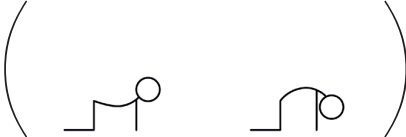
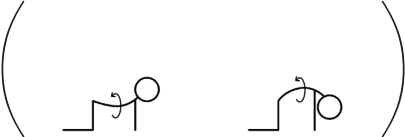


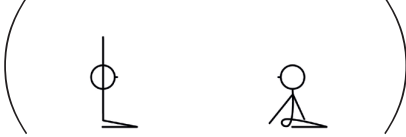



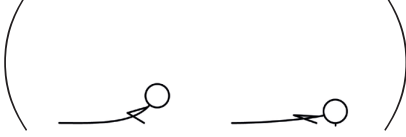






अनाहत

ANĀHATA YOGA FLOW 1

VINYĀSA YOGA SEQUENCE

					
5 deep breaths WIDE-KNEE CHILD'S POSE bālāsana	Inhale COW bitilāsana	Exhale CAT biḍālāsana	Inhale CAT & COW CIRCLES	Exhale	Inhale: up Exhale: back & down SHOULDER ROLLS
	→ 5x		→ 5x both directions		→ 5x both directions
					
3 breaths each side OVERHEAD TRICEPS STRETCH	Inhale THUNDERBOLT vajrāsana arms up	Exhale REVOLVED THUNDERBOLT parivṛtta vajrāsana	Inhale SEATED BACKBEND hands to heart	Exhale ROUND BACK hands forward, palms facing away from body	Inhale TABLE TOP cakravākāsana
→ both sides	→ 5x both sides		→ 5x		
					
Exhale HALF CHATURANGA ardha caturāṅga daṇḍāsana	Inhale BABY COBRA ardha bhujāṅgāsana	Exhale LAY DOWN	Inhale TABLE TOP cakravākāsana	Exhale CAT biḍālāsana	Inhale COW bitilāsana
	→ 3x				
					
Exhale CAT (VARIATION) roll forward	Inhale COW (VARIATION) hips towards heels	Exhale + Inhale TABLE TOP cakravākāsana	5 breaths MELTING HEART anāhatāsana	5 breaths WIDE-KNEE CHILD'S POSE bālāsana	5 breaths CHILD'S POSE hands behind head
→ 5x					