

अञ्जना

QUAD STRETCH FLOW 1

VINYĀSA YOGA SEQUENCE

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| Exhale MOUNTAIN tāḍāsana | 3 breaths each side STANDING STRETCH bent knee | Inhale UPWARD SALUTE ūrdhva hāstāsana | Exhale STANDING FORWARD BEND bent knees | Inhale STANDING HALF FORWARD BEND bent knees | Exhale TABLE TOP cakravākāsana |
| | → 5x both sides | | | → 3x | |
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| Inhale COW bitilāsana | Exhale CAT biḍālāsana | 3 breaths each side THREAD THE NEEDLE pārśva bālāsana | Inhale SPHINX sālamba bhujāṅgāsana | 3 breaths each side HALF FROG ardha bhēkāsana | Exhale DOWNWARD-FACING DOG bent knees |
| | → 5x | → both sides | | → both sides | |
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| Inhale 1-LEGGED DOWNWARD-FACING DOG right leg up | Exhale PLANK right knee to elbow | Inhale HIGH LUNGE right leg front | Exhale DOWNWARD-FACING DOG bent knees | Inhale 1-LEGGED DOWNWARD-FACING DOG left leg up | Exhale PLANK left knee to elbow |
| | → 5x | | | | → 5x |
| | | | | | |
| Inhale HIGH LUNGE left leg front | Exhale step or jump in between hands | Inhale STANDING HALF FORWARD BEND ardha uttānāsana | Exhale STANDING FORWARD BEND uttānāsana | Inhale UPWARD SALUTE ūrdhva hāstāsana | Exhale PRAYER HANDS añjali mudrā |