अस्रना

QUAD STRETCH FLOW 1

VINYĀSA YOGA SEQUENCE



Exhale MOUNTAIN tādāsana



3 breaths each side STANDING STRETCH bent knee

——— 5x both sides



Inhale **UPWARD SALUTE** ūrdhva hāstāsana



Exhale

STANDING
FORWARD BEND
bent knees



Inhale
STANDING HALF
FORWARD BEND
bent knees



Exhale TABLE TOP cakravākāsana



Inhale **COW** bitilāsana



Exhale CAT biḍālāsana



3 breaths each side THREAD THE NEEDLE pārśva bālāsana



Inhale **SPHINX** sālamba bhujaṅgāsana



3 breaths each side HALF FROG ardha bhekāsana

→ both sides



Exhale

DOWNWARDFACING DOG

bent knees



Inhale 1-LEGGED DOWN-WARD-FACING DOG right leg up



Exhale
PLANK
right knee to elbow



both sides

Inhale HIGH LUNGE right leg front

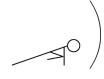


Exhale

DOWNWARDFACING DOG
bent knees



1-LEGGED DOWN-WARD-FACING DOG left leg up



Exhale
PLANK
left knee to elbow



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