

अञ्जना

QUAD STRETCH FLOW 1

VINYĀSA YOGA SEQUENCE



Exhale
MOUNTAIN
tāḍāsana



3 breaths each side
STANDING STRETCH
bent knee

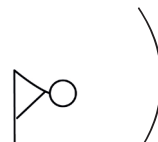
→ 5x both sides



Inhale
UPWARD SALUTE
ūrdhva hāstāsana

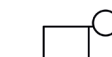


Exhale
STANDING FORWARD BEND
bent knees

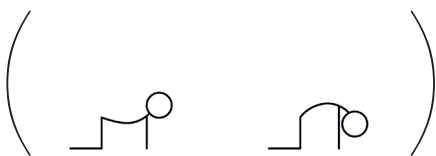


Inhale
STANDING HALF FORWARD BEND
bent knees

→ 3x



Exhale
TABLE TOP
cakravākāsana



Inhale
COW
bitilāsana

Exhale
CAT
biḍālāsana

→ 5x



3 breaths each side
THREAD THE NEEDLE
pārśva bālāsana

→ both sides



Inhale
SPHINX
sālamba
bhujāṅgāsana

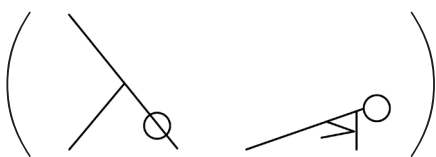


3 breaths each side
HALF FROG
ardha bhekāsana

→ both sides



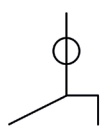
Exhale
DOWNWARD-FACING DOG
bent knees



Inhale
1-LEGGED DOWN-FACING DOG
right leg up

Exhale
PLANK
right knee to elbow

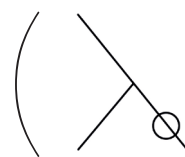
→ 5x



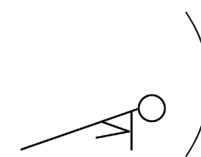
Inhale
HIGH LUNGE
right leg front



Exhale
DOWNWARD-FACING DOG
bent knees

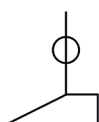


Inhale
1-LEGGED DOWN-FACING DOG
left leg up



Exhale
PLANK
left knee to elbow

→ 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