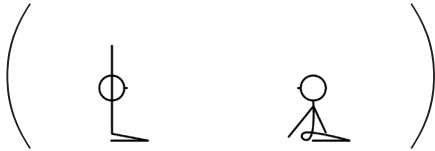


परिवृत्त

TWISTING YOGA FLOW 1

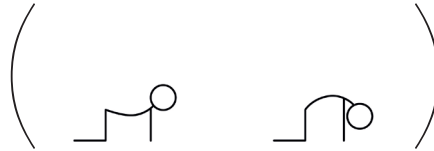
VINYĀSA YOGA SEQUENCE



Inhale
THUNDERBOLT
vajrāsana
arms up

Exhale
REVOLVED THUNDERBOLT
parivṛtta vajrāsana

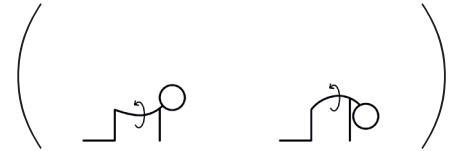
→ 5x both sides



Inhale
COW
bitilāsana

Exhale
CAT
biḍālāsana /
mārjārāsana

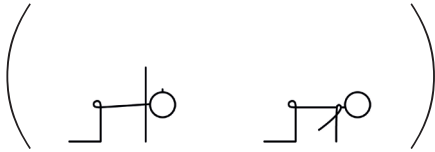
→ 5x



Inhale
CAT & COW CIRCLES

Exhale

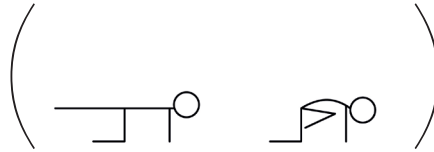
→ 5x both directions



Inhale
right* arm up

Exhale
thread right* arm to
the left* side

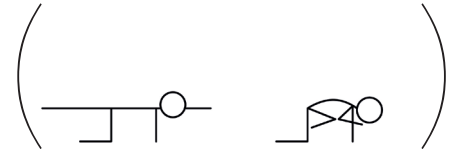
→ 3x right arm & 3x left arm



Inhale
TABLE TOP
right* leg back

Exhale
TABLE TOP
right* knee to nose

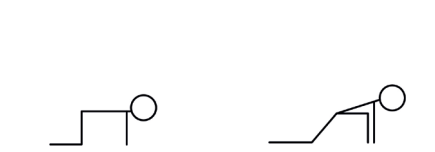
→ 3x right leg & 3x left leg



Inhale
TABLE TOP
right* leg back,
left* arm front

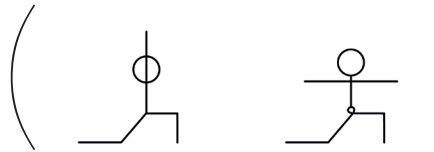
Exhale
TABLE TOP
right* knee to left*
elbow

→ 3x right leg & 3x left leg



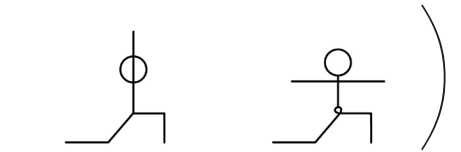
Inhale
TABLE TOP
cakravākāsana

Exhale
LOW LUNGE
right* foot in
between hands



Inhale
LOW LUNGE
arms up

Exhale
LOW LUNGE
twist to the right



Inhale
LOW LUNGE
back to center

Exhale
LOW LUNGE
twist to the left

repeat on the other side

→ 3x



Inhale
TABLE TOP
cakravākāsana



3 breaths each side
THREAD THE NEEDLE
pārśva bālāsana

→ both sides



5 breaths
WIDE-KNEE CHILD'S POSE
bālāsana



5 breaths each side
WIDE-KNEE CHILD'S POSE SIDE STRETCH

→ both sides



5 breaths
CHILD'S POSE
hands behind head



1 minute
sit in silence with
closed eyes