

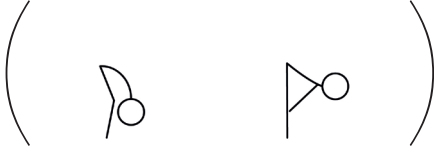
चमत्कार

WILD THING YOGA FLOW

VINYĀSA YOGA SEQUENCE



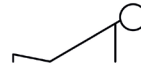
Inhale
UPWARD SALUTE
ūrdhva hāstāsana



Exhale
STANDING FORWARD BEND
bent legs



Inhale
STANDING HALF FORWARD BEND



Exhale + Inhale
PLANK
knees down



Exhale
HALF 4-LIMBED STAFF
ardha caturaṅga daṇḍāsana



Inhale
BABY COBRA
ardha bhujaṅgāsana

→ 5x



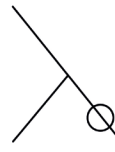
Exhale
CAT
biḍālāsana



Inhale
COW
bitilāsana



Exhale
DOWNWARD-FACING DOG
adho mukha śvānāsana



Inhale
1-LEGGED DOWNWARD-FACING DOG
right leg up



Exhale
1-LEGGED DOWNWARD-FACING DOG
bent knee



Inhale + Exhale
WILD THING
camatkārāsana

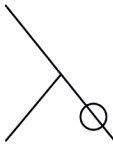
→ 5x



Inhale
CRESCENT MOON
right leg front



Exhale
DOWNWARD-DOG
adho mukha śvānāsana



Inhale
1-LEGGED DOWNWARD-FACING DOG
left leg up



Exhale
1-LEGGED DOWNWARD-FACING DOG
bent knee



Inhale + Exhale
WILD THING
camatkārāsana



Inhale
CRESCENT MOON
left leg front



Exhale
FOUR-LIMBED STAFF
caturaṅga daṇḍāsana



Inhale
UPWARD-DOG
ūrdhva mukha śvānāsana



Exhale
DOWNWARD-DOG
adho mukha śvānāsana



Inhale
STANDING HALF FORWARD BEND
ardha uttānāsana



Exhale
STANDING FORWARD BEND
uttānāsana



Inhale + Exhale
MOUNTAIN
samasthitiḥ