
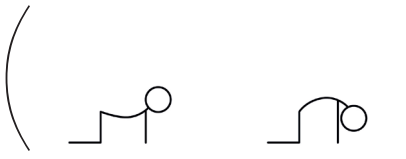
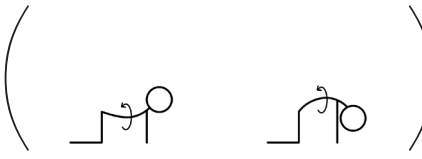




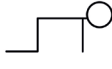

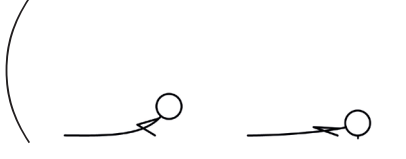

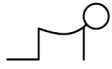
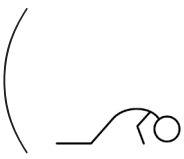

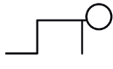



अनाहत

ANĀHATA YOGA FLOW 1

VINYĀSA YOGA SEQUENCE

 <p>5 deep breaths WIDE-KNEE CHILD'S POSE bālāsana</p>	 <p>Inhale COW bitilāsana</p> <p>Exhale CAT biḍālāsana</p> <p>→ 5x</p>	 <p>Inhale CAT & COW CIRCLES</p> <p>Exhale</p> <p>→ 5x both directions</p>	 <p>Inhale: up Exhale: back & down SHOULDER ROLLS</p> <p>→ 5x both directions</p>
 <p>3 breaths each side OVERHEAD TRICEPS STRETCH</p> <p>→ both sides</p>	 <p>Inhale THUNDERBOLT vajrāsana arms up</p> <p>Exhale REVOLVED THUNDERBOLT parivṛtta vajrāsana</p> <p>→ 5x both sides</p>	 <p>Inhale SEATED BACKBEND hands to heart</p> <p>Exhale ROUND BACK hands forward, palms facing away from body</p> <p>→ 5x</p>	 <p>Inhale TABLE TOP cakravākāsana</p>
 <p>Exhale HALF CHATURANGA ardha caturāṅga daṇḍāsana</p>	 <p>Inhale BABY COBRA ardha bhujaṅgāsana</p> <p>Exhale LAY DOWN</p> <p>→ 3x</p>	 <p>Inhale TABLE TOP cakravākāsana</p> <p>Exhale CAT biḍālāsana</p>	 <p>Inhale COW bitilāsana</p>
 <p>Exhale CAT (VARIATION) roll forward</p> <p>→ 5x</p>	 <p>Inhale COW (VARIATION) hips towards heels</p>	 <p>Exhale + Inhale TABLE TOP cakravākāsana</p>	 <p>5 breaths MELTING HEART anāhatāsana</p> <p>5 breaths WIDE-KNEE CHILD'S POSE bālāsana</p>