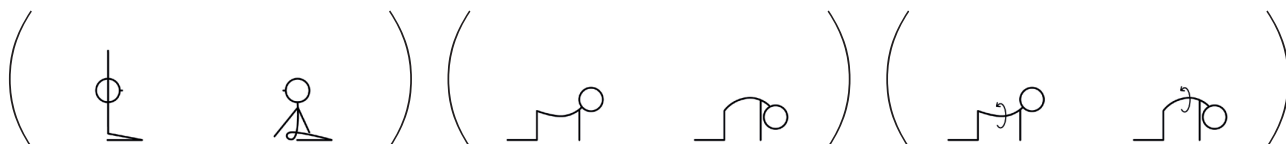


# परिवृत्त

## TWISTING YOGA FLOW 1

### VINYĀSA YOGA SEQUENCE



Inhale  
**THUNDERBOLT**  
vajrāsana  
arms up

Exhale  
**REVOLVED THUNDERBOLT**  
parivṛtta vajrāsana

Inhale  
**COW**  
bitilāsana

Exhale  
**CAT**  
biḍālāsana /  
mārjārāsana

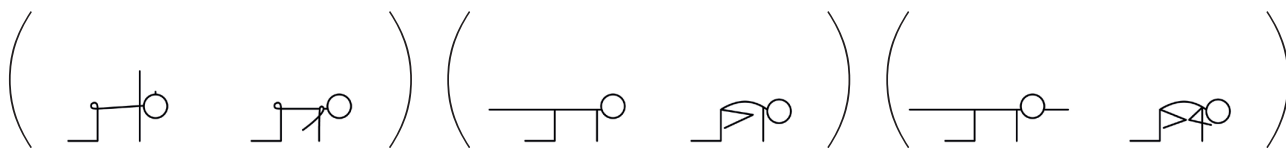
Inhale  
**CAT & COW CIRCLES**

Exhale

→ 5x both sides

→ 5x

→ 5x both directions



Inhale  
right\* arm up

Exhale  
thread right\* arm to  
the left\* side

Inhale  
**TABLE TOP**  
right\* leg back

Exhale  
**TABLE TOP**  
right\* knee to nose

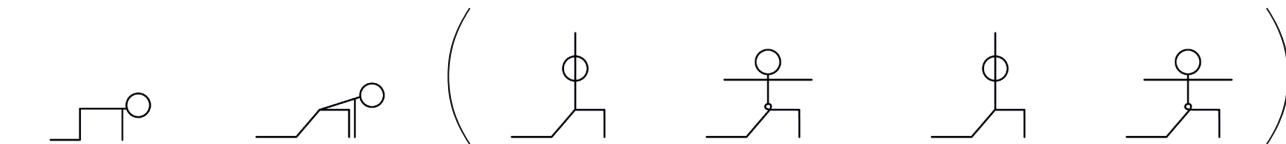
Inhale  
**TABLE TOP**  
right\* leg back,  
left\* arm front

Exhale  
**TABLE TOP**  
right\* knee to left\*  
elbow

→ 3x right arm & 3x left arm

→ 3x right leg & 3x left leg

→ 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

→ 3x

repeat on the other side



Inhale  
**TABLE TOP**  
cakravākāsana

3 breaths each side  
**THREAD THE NEEDLE**  
pārsva bālāsana

5 breaths  
**WIDE-KNEE CHILD'S POSE**  
bālāsana

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

5 breaths  
**CHILD'S POSE**  
hands behind head

1 minute  
sit in silence with  
closed eyes

→ both sides

→ both sides