

Intermediate Series (Nadi Shodana)

For proper use:

- Vinyasas are numbered through from Samasthitih to Samasthitih, but only bold lines are practised.
- The breathing to the Vinyasa is showed as IN / EX. Every Vinyasa has one breath to lead and additional breaths printed in brackets.
- Above the Vinyasa count for a position the name of the Asana is given, with the number of Vinyasas from Samasthitih to Samasthitih, the number which represents the Asana, and the Dristi (= point of gaze).

Further explanations:
AshtangaYoga.info

PASASANA

VINYASA: 14

ASANA: 7,8

DRISTI: PARSVA

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN turn to the left

5BR PASASANA



(EX) turn front

- 8 IN turn to the right

5BR PASASANA

(EX) turn front

- 9 IN up

10 EX Chaturanga Dandasana

11 IN Urdhva Mukha Svanasana

12 EX Adho Mukha Svanasana

13 IN jump, head up

14 EX Uttanasana

- IN come up

(EX) Samasthitih

KROUNCHASANA

VINYASA: 22

ASANA: 8,15

DRISTI: PADHAYORAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

7 IN jump

(EX) land, right leg beside hip

(IN) grab left foot, head up

8 EX chin to shinbone

5BR KROUNCHASANA



9 IN head up

(EX) hands to the floor

10 IN up

11 EX Chaturanga Dandasana

12 IN Urdhva Mukha Svanasana

13 EX Adho Mukha Svanasana

14 IN jump

(EX) land, left leg beside hip

(IN) grab left foot, head up

15 EX chin to shinbone

5Br KROUNCHASANA

16 IN head up

(EX) hands to the floor

17 IN up

18 EX Chaturanga Dandasana

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

- IN come up

(EX) Samasthitih

SALABHASANA

VINYASA: 9

ASANA: 5,6

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN lift head and legs

5BR SALABHASANA A



(EX) turn hands

6 IN lift head and legs

5BR SALABHASANA B



(EX) Chaturanga Dandasana

7 IN Urdhva Mukha Svanasana

8 EX Adho Mukha Svanasana

9 IN jump, head up

10 EX Uttanasana

- IN come up

(EX) Samasthitih

BHEKASANA

VINYASA: 9

ASANA: 5

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN lift feet

(EX) toes to the ground

(IN) lift chest

5BR BHEKASANA



(EX) Chaturanga Dandasana

6 IN Urdhva Mukha Svanasana

7 EX Adho Mukha Svanasana

8 IN jump, head up

9 EX Uttanasana

- IN come up

(EX) Samasthitih

DHANURASANA

VINYASA: 9

ASANA: 5

DRISTI: NASAGRAI

1 IN hands up

- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN lift feet
(EX) gap ankles
(IN) lift up



(EX) Chaturanga Dandasana

- 5BR DHANURASANA
- 6 IN Urdhva Mukha Svanasana
- 7 EX Adho Mukha Svanasana
- 8 IN jump, head up
- 9 EX Uttanasana
- IN come up
(EX) Samasthitih

PARSVA DHANURASANA / DHANURASANA

VINYASA: 13
ASANA: 6,8,9
DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN lift feet
(EX) gap ankles
(IN) Dhanurasana
- 6 EX roll on right side



7 IN Dhanurasana



- 8 EX roll on left side
- 5BR PARSVA DHANURASANA
- 9 IN roll up
- 5BR DHANURASANA
(EX) Chaturanga Dandasana
- 10 IN Urdhva Mukha Svanasana
- 11 EX Adho Mukha Svanasana
- 12 IN jump, head up
- 13 EX Uttanasana
- IN come up
(EX) Samasthitih

USTRASANA

VINYASA: 15
ASANA: 8
DRISTI: BROOMADHYA

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
(EX) land on knees
(IN) hands on waist, bend back
- 8 EX hands to heels

5BR USTRASANA



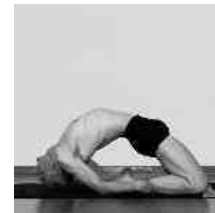
- 9 IN hands to waist, come up
(EX) hands to ground
- 10 IN up
- 11 EX Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana
- 13 EX Adho Mukha Svanasana
- 14 IN jump, head up
- 15 EX Uttanasana
- IN come up
(EX) Samasthitih

LAGHUVAJRASANA A / B

VINYASA: 15
ASANA: 8
DRISTI: BROOMADHYA

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
(EX) land on knees
(IN) hands on waist, bend back
- 8 EX hands to ankles

5BR LAGHUVAJRASANA



9 IN come up, hands to waist,



- (EX) hands to ground
- 10 IN up
- 11 EX Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana
- 13 EX Adho Mukha Svanasana
- 14 IN jump, head up
- 15 EX Uttanasana
- IN come up
(EX) Samasthitih

KAPOTASANA A / B

VINYASA: 16
ASANA: 8,9
DRISTI: BROOMADHYA

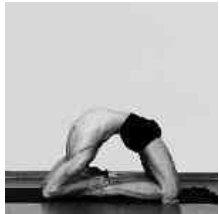
- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
(EX) land on knees
(IN) hands on waist, bend back



8 EX hands to heels



5BR KAPOTASANA A



9 IN straight arms

5BR KAPOTASANA B



(EX) hands to waist

10 IN come up

(EX) hands to ground

11 IN up

12 EX Chaturanga Dandasana

13 IN Urdhva Mukha Svanasana

14 EX Adho Mukha Svanasana

15 IN jump, head up

16 EX Uttanasana

- IN come up

(EX) Samasthitih

SUPTA VAJRASANA

VINYASA: 15

ASANA: 9

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN up

(EX) land between arms

(IN) Dandasana

8 EX Padmasana

(IN) Baddha Padmasana



9 EX bend back

5BR SUPTA VAJRASANA



(IN) come up | repeat

(EX) bend back | 3-7 times

5BR SUPTA VAJRASANA

(IN) come up



(EX) hands to the floor

10 IN up

11 EX Chaturanga Dandasana

12 IN Urdhva Mukha Svanasana

13 EX Adho Mukha Svanasana

14 IN jump, head up

15 EX Uttanasana

- IN come up

(EX) Samasthitih

BAKASANA A

VINYASA: 13

ASANA: 7

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN up

(EX) feet between hands on the ground

(IN) knees in armpits, lift up

5BR BAKASANA A



(EX) hold position

8 IN up

9 EX Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

BAKASANA B

VINYASA: 13

ASANA: 7

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN up



(EX) knees in armpits

5BR BAKASANA A



8 IN up

9 EX Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

BHARDAVAJASANA

VINYASA: 20

ASANA: 8,14

DRISTI: PAROVA

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
- (EX) land between arms
- (IN) Dandasana
- 8 EX left leg beside hip, right leg in lotus
- (IN) turn right
- 5BR BHARDAVAJASANA



(EX) turn front, hands to ground

- 9 IN up
- 10 EX Chaturanga Dandasana
- 11 IN Urdhva Mukha Svanasana
- 12 EX Adho Mukha Svanasana
- 13 IN up
- (EX) land between arms
- (IN) Dandasana
- 14 EX right leg beside hip, left leg in lotus
- (IN) turn left
- 5BR BHARDAVAJASANA
- (EX) turn front, hands to ground
- 15 IN up
- 16 EX Chaturanga Dandasana
- 17 IN Urdhva Mukha Svanasana
- 18 EX Adho Mukha Svanasana
- 19 IN jump, head up
- 20 EX Uttanasana
- IN come up
- (EX) Samasthitih

ARDHA MATSYENDRASANA

VINYASA: 20
ASANA: 8,14
DRISTI: PARSVA

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
- (EX) land between arms
- (IN) Dandasana
- 8 EX right leg over left leg
- (IN) turn right
- 5BR ARDHA MATSYENDRASANA



(EX) turn front, hands to ground

- 9 IN up
- 10 EX Chaturanga Dandasana
- 11 IN Urdhva Mukha Svanasana
- 12 EX Adho Mukha Svanasana
- 13 IN up
- (EX) land between arms
- (IN) Dandasana
- 14 EX left leg over right leg
- (IN) turn left
- 5BR ARDHA MATSYENDRASANA
- (EX) turn front, hands to ground
- 15 IN up
- 16 EX Chaturanga Dandasana
- 17 IN Urdhva Mukha Svanasana
- 18 EX Adho Mukha Svanasana
- 19 IN jump, head up
- 20 EX Uttanasana
- IN come up
- (EX) Samasthitih

EKA PADA SIRSASANA

VINYASA: 22

ASANA: 8,15

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN jump, right leg over right arm
- (EX) right leg behind head
- (IN) hands in front of chest



- 8 EX bend forward

5BR EKA PADA SIRSASANA



- 9 IN come up
- (EX) hands to the floor

- 10 IN up



- 11 EX Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana

- 13 EX Adho Mukha Svanasana

- 14 IN jump, left leg over left arm
- (EX) right leg behind head
- (IN) hands in front of chest

- 15 EX bend forward

5BR EKA PADA SIRSASANA

- 16 IN come up
- (EX) hands to the floor

- 17 IN up

- 18 EX Chaturanga Dandasana

- 19 IN Urdhva Mukha Svanasana

- 20 EX Adho Mukha Svanasana

- 21 IN jump, head up

- 22 EX Uttanasana

- IN come up
- (EX) Samasthitih

DWI PADA SIRSASANA

VINYASA: 14

ASANA: 7

DRISTI: NASAGRAI

- 1 IN hands up

- 2 EX Uttanasana

- 3 IN head up

- 4 EX Chaturanga Dandasana

- 5 IN Urdhva Mukha Svanasana

- 6 EX Adho Mukha Svanasana

- 7 IN Tittibhasana

- (EX) legs behind head, hands in front of chest

5BR DWI PADA SIRSASANA



- 8 IN up



(EX) hold position

(IN) Tittibhasana

9 EX Bakasana

(IN) up

10 EX Chaturanga Dandasana

11 IN Urdhva Mukha Svanasana

12 EX Adho Mukha Svanasana

13 IN jump, head up

14 EX Uttanasana

- IN come up

(EX) Samasthitih

YOGANIDRASANA

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

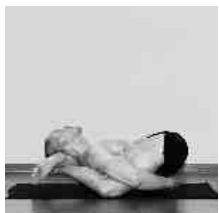
7 IN up

(EX) lie down

8 IN legs up

(EX) legs behind head

5BR YOGANIDRASANA



9 IN Chakrasana

(EX) Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

TITTIBHASANA A / B / C

VINYASA: 16

ASANA: 7,8,9

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN legs over arms

5BR TITTIBHASANA A



8 EX TITTIBHASANA B



9 (IN) foot up | 5 steps forward



(EX) foot down | 5 steps backward



(IN) Tittibhasana B

EX TITTIBHASANA C



10 IN Tittibhasana A

11 EX Bakasana

(IN) up

12 EX Chaturanga Dandasana

13 IN Urdhva Mukha Svanasana

14 EX Adho Mukha Svanasana

15 IN jump, head up

16 EX Uttanasana

- IN come up

(EX) Samasthitih

PINCHA MAYURASANA

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN up

(EX) prepare

8 IN lift up

5BR PINCHA MAYURASANA



12 EX Chaturanga Dandasana

13 IN Urdhva Mukha Svanasana

14 EX Adho Mukha Svanasana

15 IN jump, head up

16 EX Uttanasana

- IN come up

(EX) Samasthitih

KARANDAVASANA

VINYASA: 15

ASANA: 9

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN up

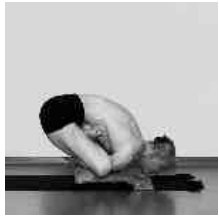
(EX) prepare

8 IN Pincha Mayurasana

9 EX fold legs to lotus, downs



5BR KARANDAVASANA



10 IN come up again



- 11 EX Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana
- 13 EX Adho Mukha Svanasana
- 14 IN jump, head up
- 15 EX Uttanasana
- IN come up
- (EX) Samasthitih

MAYURASANA

VINYASA: 9
ASANA: 5
DRISTI: NASAGRAI

- 1 IN open feet, hands turned to floor, head up
- 2 EX head between the arms
- 3 IN head up
- 4 EX jump back
- 5 IN MAYURASANA



(EX) feet to the ground

- 6 IN Urdhva Mukha Svanasana - with turned hands



- 7 EX Adho Mukha Svanasana - with turned hands



- 8 IN jump, head up



- 9 EX head between the arms



- IN come up
- (EX) Samasthitih

NAKRASANA

VINYASA: 9
ASANA: 4
DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX NAKRASANA



- 5 (IN) push up | 5 hops forward
- (EX) land | 5 hops backward
- 6 IN Urdhva Mukha Svanasana
- 7 EX Adho Mukha Svanasana
- 8 IN jump, head up
- 9 EX Uttanasana
- IN come up
- (EX) Samasthitih

VATAYANASANA

VINYASA: 20
ASANA: 7,12
DRISTI: URDHVA

- 1 IN right leg bound lotus



- 2 EX Uttanasana - right leg in lotus



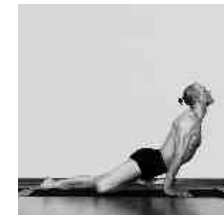
- 3 IN head up - right leg in lotus



- 4 EX Chaturanga Dandasana - right leg in lotus



- 5 IN Urdhva Mukha Svanasana - right leg in lotus



- 6 EX Adho Mukha Svanasana - right leg in lotus



7 IN up

(EX) right knee beside left foot

5BR VATAYANASANA



(EX) hands to the ground

8 IN up

9 EX Chaturnaga Dandasana - right leg in lotus

10 IN Urdhva Mukha Svanasana - right leg in lotus

11 EX Adho Mukha Svanasana - right leg in lotus

(IN) right leg down

(EX) left leg in lotus

12 IN up

(EX) left knee beside right foot

5BR VATAYANASANA

(EX) hands to the ground

13 IN up

14 EX Chaturnaga Dandasana - left leg in lotus

15 IN Urdhva Mukha Svanasana - left leg in lotus

16 EX Adho Mukha Svanasana - left leg in lotus

17 IN jump, head up - left leg in lotus

18 EX Uttanasana - left leg in lotus

19 IN head up - left leg in lotus

(EX) hold position - left leg in lotus

20 IN come up - left leg in lotus

- EX Samasthitih

PARIGHASANA

VINYASA: 22

ASANA: 8,15

DRISTI: URDHVA

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

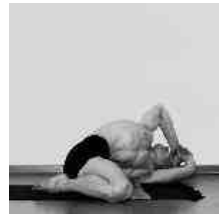
7 IN jump

(EX) land, right leg beside hip

(IN) head up

8 EX bend forward

5BR PARIGHASANA



9 IN head up

(EX) hands to the floor

10 IN up

11 EX Chaturanga Dandasana

12 IN Urdhva Mukha Svanasana

13 EX Adho Mukha Svanasana

7 IN jump

(EX) land, left leg beside hip

(IN) head up

8 EX bend forward

5BR PARIGHASANA

16 IN head up

(EX) hands to the floor

17 IN up

18 EX Chaturanga Dandasana

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

- IN come up

(EX) Samasthitih

GOMUKHASANA A / B

VINYASA: 22

ASANA: 8,9,15,16

DRISTI: NASAGRAI, URDHVA

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN up

(EX) land between arms

(IN) Dandasana

8 EX right leg over left leg, hands to knees

5BR GOMUKHASANA A



9 IN right arm up, left arm down

5BR GOMUKHASANA B



(EX) hands to ground

10 IN up

11 EX Chaturanga Dandasana

12 IN Urdhva Mukha Svanasana

13 EX Adho Mukha Svanasana

14 IN up

(EX) land between arms

(IN) Dandasana

15 EX left leg over right leg, hands to knees

5BR GOMUKHASANA A

16 IN left arm up, right arm down

5BR GOMUKHASANA B

(EX) hands to ground

17 IN up

18 EX Chaturanga Dandasana

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

- IN come up

(EX) Samasthitih

SUPTA URDHVA PADA VAJRASANA

VINYASA: 22

ASANA: 9,16

DRISTI: NASAGRAI, PARSVA

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

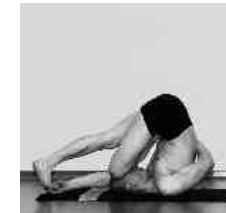
6 EX Adho Mukha Svanasana

7 IN up

(EX) lie down

8 IN legs up

(EX) right leg in lotus, bind



9 IN roll up



(EX) land

(IN) turn to right

5BR SUPTA URDHVA PADA

VAJRASANA



(EX) turn front, hands to ground

10 IN up

11 EX Chaturanga Dandasana

12 IN Urdhva Mukha Svanasana

13 EX Adho Mukha Svanasana

14 IN up

(EX) lie down

15 IN legs up

(EX) right leg in lotus, bind

16 IN roll up

(EX) land

(IN) turn to right

5BR SUPTA URDHVA PADA

VAJRASANA

(EX) turn front, hands to ground

17 IN up

18 EX Chaturanga Dandasana

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

- IN come up

(EX) Samasthitih

MUKTA HASTA SIRSASANA A

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN up

(EX) take position

8 IN lift legs

5BR MUKTA HASTA SIRSASANA A



9 EX Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

MUKTA HASTA SIRSASANA B

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN up

(EX) take position

8 IN lift legs

5BR MUKTA HASTA SIRSASANA B



9 EX Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

MUKTA HASTA SIRSASANA C

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN up

(EX) take position

8 IN lift legs

5BR MUKTA HASTA SIRSASANA C



9 EX Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

BADDHA HASTA SIRSASANA A

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN up

(EX) take position

8 IN lift legs

5BR BADDHA HASTA SIRSASANA A



9 EX Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

BADDHA HASTA SIRSASANA B

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

7 IN up
(EX) take position

8 IN lift legs

5BR BADDHA HASTA SIRASANA B



- 9 EX Chaturanga Dandasana
- 10 IN Urdhva Mukha Svanasana
- 11 EX Adho Mukha Svanasana
- 12 IN jump, head up
- 13 EX Uttanasana
- IN come up
- (EX) Samasthitih

BADDHA HASTA SIRASANA C

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

7 IN up
(EX) take position

8 IN lift legs

5BR BADDHA HASTA SIRASANA C



- 9 EX Chaturanga Dandasana
- 10 IN Urdhva Mukha Svanasana
- 11 EX Adho Mukha Svanasana
- 12 IN jump, head up
- 13 EX Uttanasana
- IN come up
- (EX) Samasthitih

BADDHA HASTA SIRASANA D

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

7 IN up
(EX) take position

8 IN lift legs

5BR BADDHA HASTA SIRASANA D



- 9 EX Chaturanga Dandasana
- 10 IN Urdhva Mukha Svanasana
- 11 EX Adho Mukha Svanasana
- 12 IN jump, head up
- 13 EX Uttanasana

- IN come up
(EX) Samasthitih

URDHVA DHANURASANA

VINYASA: 15

ASANA: 9

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

7 IN up
(EX) lie down

8 IN lift legs and hands
(EX) prepare | Repeat 3 times;

9 IN lift up | Each time hands

5BR URDHVA DHANURASANA
| nearer to feet



- IN come up



(EX) Samasthitih

PASCHIMATTANASANA

VINYASA: 16

ASANA: 9

DRISTI: PADHAYORAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
- (EX) Dandasana
- 8 IN take big toes, arms straight, head up
- 9 EX end forward

5BR PASCHIMATTANASANA



- 10 IN head up, Arms straight
- (EX) hands to the floor
- 11 IN up
- 12 EX Chaturanga Dandasana
- 13 IN Urdhva Mukha Svanasana
- 14 EX Adho Mukha Svanasana
- 15 IN jump, head up
- 16 EX Uttanasana
- IN come up
- (EX) Samasthitih

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