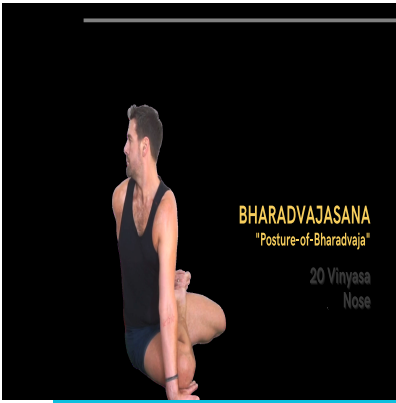




Bhardavajrasana

Description





BHARADVAJASANA

7	SAPTA	Inhale, jump through, straight legs, sit
8	ASTAU	Take position right side, five breaths
9	NAVA	Inhale, lift up
10	DASA	Exhale, jump back, Chaturanga Dandasana
11	EKÁDASA	Inhale, Urdhva Mukha Svanasana
12	DUADASA	Exhale, Urdhva Mukha Svanasana
13	TRAYODASA	Inhale, jump through, straight legs, sit
14	CATURDASA	Take position left side, five breaths
15	PANCADASA	Inhale, lift up
16	SODASA	Exhale, jump back, Chaturanga Dandasana
17	SAPTADASA	Inhale, Urdhva Mukha Svanasana
18	ASTAUDASA	Exhale, Adho Mukha Svanasana



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