



Garbha Pindasana & Kukutasana

Description

GARBHA PINDASANA (13 MOVEMENTS)

7	SAPTA	Inhale, jump through, take Dandasana
8	ASTAU	Exhale, take lotus, arms through, take face
9	NAVA	Exhale, roll in circles (inhale up, exhale down)

KUKKUTASANA (13 MOVEMENTS)

9	NAVA	Inhale, lift up, take Kukkutasana Exhale, down, release arms
10	DASA	Inhale, lift up
11	EKADASA	Exhale, jump back, Chaturanga
12	DUADASA	Inhale, Upward-Facing Dog
13	TRAYODASA	Exhale, Downward-Facing Dog

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