



Janu Sirsasana B

Description

JANU SÄ°RÄ?ASANA B (20 MOVEMENTS)

7	SAPTA	Inhale, jump through, right foot in
8	ASTAU	Exhale, fold
9	NAVA	Inhale, look up Exhale
10	DASA	Inhale, lift up
11	EKÄ?DASA	Exhale, jump back, Chaturanga
12	DUADASA	Inhale, Upward-Facing Dog
13	TRAYODASA	Exhale, Downward-Facing Dog
14	CATURDASA	Inhale, jump through, left foot in
15	PANCADASA	Exhale, fold
16	SODASA	Inhale, look up Exhale
17	SAPTADASA	Inhale, lift up
18	ASTAUDASA	Exhale, jump back, Chaturanga
19	EKUNAVIMÄ° ATÍÄ, □	Inhale, Upward-Facing Dog
20	VIMSATIH	Exhale, Downward-Facing Dog

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