



Marichiyasana D

Description

MARICHASANA D (16 MOVEMENTS)

7	SAPTA	Inhale, jump through Exhale, left foot lotus right, knee up, twist right, bind hands
8	ASTAU	Inhale, lift up
9	NAVA	Exhale, jump back, Chaturanga
10	DASA	Inhale, Upward-Facing Dog
11	EKĀDASA	Exhale, Downward-Facing Dog
12	DUADASA	Inhale, jump through Exhale, right foot lotus left knee up, twist left, bind hands
13	TRAYODASA	Inhale, lift up
14	CATURDASA	Exhale, jump back, Chaturanga
15	PANCADASA	Inhale, Upward-Facing Dog
16	SODASA	Exhale, Downward-Facing Dog

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