



Ashtanga Vinyasa Yoga Count

Description

The count in Ashtanga Yoga is a key component of the practice, helping students maintain a steady rhythm and focus their attention on the breath. In Ashtanga Yoga, each posture is performed with a specific number of breaths, known as the vinyasa count. The count is typically given by the teacher, but it's important for students to also learn the count themselves as a way to deepen their understanding of the practice.

The primary and intermediate series of Ashtanga Yoga include a total of 72 postures, which are performed in a specific order. The postures in these series are considered "half vinyasa" because we don't return to the top of the mat in between each one. Some postures, such as Trikonasana A and B, are done as a set and counted together.

When practicing the postures in Ashtanga Yoga, it's important to go slowly and move with awareness and intention. The vinyasa count helps students maintain a steady pace and stay focused on the breath, which can help deepen the benefits of the practice.

Below is a list of the postures in the primary and intermediate series, along with their corresponding vinyasa count. We encourage you to use this list as a reference for your study and practice of Ashtanga Yoga, and to approach each posture with patience, curiosity, and respect for your body.

Remember, the count is not just a way to keep track of the number of breaths in each posture – it's a way to connect with the deeper aspects of the practice, including the breath, the body, and the mind. As you practice the postures in Ashtanga Yoga, let the count guide you into a state of focused awareness and inner stillness, where the true benefits of the practice can be found.

[See Full List Below](#)

Surya Namaskar A (9 movements)

English Count	Sanskrit Count	English Instruction
1	EKAM	Inhale, arms up
2	DVE	Exhale, fold forward
3	TRINI	Inhale, look up, lengthen
4	CATVARI	Exhale, jump back, Chaturanga
5	PANCA	Inhale, Upward-Facing Dog
6	SAT	Exhale, Downward-Facing Dog
7	SAPTA	Inhale, jump forward, look up, lengthen
8	ASTAU	Exhale, fold forward
9	NAVA	Inhale, arms up Exhale, Samasthiti

SURYANAMASKARAā, ¢ B (17 movements)

1	EKAM	Inhale, Utkatasana
2	DVE	Exhale, fold forward
3	TRINI	Inhale, look up, lengthen
4	CATVARI	Exhale, jump back, Chaturanga
5	PANCA	Inhale, Upward-Facing Dog
6	SAT	Exhale, Downward-Facing Dog
7	SAPTA	Inhale, right side Virabhadrasana A
8	ASTAU	Exhale, Chaturanga
9	NAVA	Inhale, Upward-Facing Dog
10	DASA	Exhale, Downward-Facing Dog
11	EKĀDASA	Inhale, left side Virabhadrasana A
12	DUADASA	Exhale, Chaturanga
13	TRAYODASA	Inhale, Upward-Facing Dog
14	CATURDASA	Exhale, Downward-Facing Dog
15	PANCADASA	Inhale, jump forward, look up, lengthen
16	SODASA	Exhale, fold forward
17	SAPTADASA	Inhale, Utkatasana Exhale, Samasthiti

PADANGUSTHASANA (3 MOVEMENTS)(START WITH FEET APART, HOLD BIG TOES)

1	EKAM	Inhale, look up, lengthen
2	DVE	Exhale, fold forward
3	TRINI	Inhale, look up, lengthen



Exhale

PADAHASTASANA (3 MOVEMENTS)

- | | | |
|---|-------|---|
| 1 | EKAM | Inhale, hands under feet, look up, lengthen |
| 2 | DVE | Exhale, fold forward |
| 3 | TRINI | Inhale, look up, lengthen
Exhale, Samasthiti |

UTTHITA TRIKOÅ ÅSANA A (5 MOVEMENTS)

- | | | |
|---|---------|-------------------------------------|
| 1 | EKAM | Inhale, open to the right, arms out |
| 2 | DVE | Exhale, hold the right big toe |
| 3 | TRINI | Inhale, up |
| 4 | CATVARI | Exhale, fold, hold the left big toe |
| 5 | PANCA | Inhale, up |

UTTHITA TRIKOÅ ÅSANA B (5 MOVEMENTS)

- | | | |
|---|---------|----------------------------------|
| 1 | EKAM | Exhale, twist left, hand down |
| 2 | DVE | Inhale, up |
| 3 | TRINI | Exhale, twist right, hand down |
| 4 | CATVARI | Inhale, up
Exhale, Samasthiti |

UTTHITA PÅRSVAKOÅ ÅSANA A (5 MOVEMENTS)

- | | | |
|---|---------|---|
| 1 | EKAM | Inhale, open to the right, arms out |
| 2 | DVE | Exhale, right hand down, left arm reaches |
| 3 | TRINI | Inhale, up |
| 4 | CATVARI | Exhale, left hand down, right arm reaches |
| 5 | PANCA | Inhale, up |

UTTHITA PÅRSVAKONASANA B (5 MOMENTS)

- | | | |
|---|---------|---|
| 1 | EKAM | Inhale, open to the right, arms out |
| 2 | DVE | Exhale, twist, left arm over right leg. |
| 3 | TRIÅ I | Inhale to center, arms out. |
| 4 | CATVARI | Exhale, twist, right arm over left leg. |
| 5 | PANCA | Inhale, Center.
EXHALE, SAMASTHITI |

PRASARITA PADOTTANASANA A (5 MOVEMENTS)

- | | | |
|---|------|---|
| 1 | EXAM | Inhale, open to the right, hands to waist |
| 2 | DVE | Exhale, fold forward, hands on the floor |



		Inhale, look up, lengthen
3	TRINI	Exhale, fold head down
4	CATVARI	Inhale, look up, lengthen
		Inhale, look up, lengthen
5	PANCA	Inhale, up

PRASARITA PADOTTANASANA B (4 MOVEMENTS)

1	EKAM	Inhale, arms out
2	DVE	Exhale, hands to waist
		Inhale, look up, lengthen
3	TRINI	Exhale, fold head down.
4	CATVARI	Inhale, up
		Exhale

PRASARITA PADOTTANASANA C (4 MOVEMENTS)

1	EKAM	Inhale, arms out
2	DVE	Exhale, interlace hands behind back
		Inhale, look up, lengthen
3	TRINI	Exhale, fold head down
4	CATVARI	Inhale, up
		Exhale

PRASARITA PĀDOTTANASANA D (5 MOVEMENTS)

1	EKAM	Inhale, hands to waist, look up
2	DVE	Exhale, fold forward, hold big toes
		Inhale, look up, lengthen
3	TRINI	Exhale, fold head down
4	CATVARI	Inhale, look up, lengthen
		Exhale
5	PANCA	Inhale, up
		Exhale, Samasthiti

PĀRŚVĀTTANASANA (5 MOVEMENTS)

1	EKAM	Inhale, open to the right, hands in prayer behind back
2	DVE	Exhale, fold
3	TRINI	Inhale, up, turn to the front
4	CATVARI	Exhale, fold
5	PANCA	Inhale, up, open to the side



Exhale, Samasthiti

UTTHITA HASTA PADANGUSTHASANA (14 MOVEMENTS)

1	EKAM	Inhale, right leg up, hold toe
2	DVE	Exhale, fold
3	TRINI	Inhale, up
4	CATVARI	Exhale, open leg out, look left
5	PANCA	Inhale, leg to the front
6	SAT	Exhale, fold
7	SAPTA	Inhale, up, hands to waist Exhale, Samasthiti
8	ASTAU	Inhale, left leg up, hold toe
9	NAVA	Exhale, fold
10	DASA	Inhale, up
11	EKADASA	Exhale, open leg out, look right
12	DUADASA	Inhale, leg to the front
13	TRAYODASA	Exhale, fold
14	CATURDASA	Inhale, up, hands to waist Exhale, Samasthiti

ARDHA BADDHA PADMOTTANASANA (9 MOVEMENTS)

1	EKAM	Inhale, right foot up, bind
2	DVE	Exhale, fold
3	TRINI	Inhale, look up, lengthen Exhale
4	CATVARI	Inhale, up
5	PANCA	Exhale, leg down
6	SAT	Inhale, left foot up, bind
7	SAPTA	Exhale, fold
8	ASTAU	Inhale, look up, lengthen Exhale
9	NAVA	Inhale, up Exhale, Samasthiti

UTKATASANA (11 MOVEMENTS)

1	EKAM	Inhale, arms up
2	DVE	Exhale, fold forward
3	TRINI	Inhale, look up, lengthen
4	CATVARI	Exhale, jump back, Chaturanga



5	PANCA	Inhale, Upward-Facing Dog
6	SAT	Exhale, Downward-Facing Dog
7	SAPTA	Inhale, jump forward, Utkatasana Exhale, fold forward
8	ASTAU	Inhale, up
9	NAVA	Exhale, jump back, Chaturanga
10	DASA	Inhale, Upward-Facing Dog
11	EKĀDASA	Exhale, Downward-Facing Dog

VIRABHADRASANA A & B (14 MOVEMENTS)

7	SAPTA	Inhale, right side Virabhadrasana A
8	ASTAU	Exhale, left side Virabhadrasana A
9	NAVA	Inhale, right side Virabhadrasana B
10	DASA	Exhale, left side Virabhadrasana B Exhale, hands down
11	EKĀDASA	Inhale, up
12	DUADASA	Exhale, Chaturanga
13	TRAYODASA	Inhale, Upward-Facing Dog
14	CATURDASA	Exhale, Downward-Facing Dog

PASCHIMATANASANA A (14 MOVEMENTS)

7	SAPTA	Inhale, jump through Dandasana (5 breaths) Exhale
8	ASTAU	Inhale, hold toes (A), look up
9	NAVA	Exhale, fold
10	DASA	Inhale, look up, lengthen Exhale
8	ASTAU	Inhale, take your wrist (D), look up
9	NAVA	Exhale, fold
10	DASA	Inhale, look up, lengthen Exhale
11	EKĀDASA	Inhale, lift up
12	DUADASA	Exhale, jump back, Chaturanga
13	TRAYODASA	Inhale, Upward-Facing Dog
14	CATURDASA	Exhale, Downward-Facing Dog

PURVATANASANA (13 MOVEMENTS)

7	SAPTA	Inhale, jump through Exhale, hands on the floor behinds hips
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8	ASTAU	Inhale, up
9	NAVA	Exhale, down
10	DASA	Inhale, lift up
11	EKĀDASA	Exhale, jump back, Chaturanga
12	DUADASA	Inhale, Upward-Facing Dog
13	TRAYODASA	Exhale, Downward-Facing Dog

ARDHA BADDHA PADMA PASCHIMATANASANA (20 MOVEMENTS)

7	SAPTA	Inhale, jump through, right foot bind
8	ASTAU	Exhale, fold
9	NAVA	Inhale, look up
ARDHA BADDHA PADMA PASCHIMATANASANA (20 MOVEMENTS)		
10	DASA	Inhale, lift up
11	EKĀDASA	Exhale, jump back, Chaturanga
12	DUADASA	Inhale, Upward-Facing Dog

UTTHITA HASTA PADANGUSTHASANA (14 MOVEMENTS)

1	EKAM	Inhale, right leg up, hold toe
2	DVE	Exhale, fold
3	TRINI	Inhale, up
4	CATVARI	Exhale, open leg out, look left
5	PANCA	Inhale, leg to the front
6	SAT	Exhale, fold
		Inhale, up, hands to waist
7	SAPTA	Exhale, Samasthiti
8	ASTAU	Inhale, left leg up, hold toe
9	NAVA	Exhale, fold
10	DASA	Inhale, up
11	EKĀDASA	Exhale, open leg out, look right
12	DUADASA	Inhale, leg to the front
13	TRAYODASA	Exhale, fold
14	CATURDASA	Inhale, up, hands to waist
		Exhale, Samasthiti

ARDHA BADDHA PADMOTTANĀSANA (9 MOVEMENTS)

1	EKAM	Inhale, right foot up, bind
2	DVE	Exhale, fold
3	TRINI	Inhale, look up, lengthen



		Exhale
4	CATVARI	Inhale, up
5	PANCA	Exhale, leg down
6	SAT	Inhale, left foot up, bind
7	SAPTA	Exhale, fold
8	ASTAU	Inhale, look up, lengthen
		Exhale
9	NAVA	Inhale, up
		Exhale, Samasthiti

UTKATASANA (11 MOVEMENTS)

1	EKAM	Inhale, arms up
2	DVE	Exhale, fold forward
3	TRINI	Inhale, look up, lengthen
4	CATVARI	Exhale, jump back, Chaturanga
5	PANCA	Inhale, Upward-Facing Dog
6	SAT	Exhale, Downward-Facing Dog
7	SAPTA	Inhale, jump forward, Utkatasana
		Exhale, fold forward
8	ASTAU	Inhale, up
9	NAVA	Exhale, jump back, Chaturanga
10	DASA	Inhale, Upward-Facing Dog
11	EKADASA	Exhale, Downward-Facing Dog

VIRABHADRASANA A & B (14 MOVEMENTS)

7	SAPTA	Inhale, right side Virabhadrasana A
8	ASTAU	Exhale, left side Virabhadrasana A
9	NAVA	Inhale, right side Virabhadrasana B
10	DASA	Exhale, left side Virabhadrasana B
		Exhale, hands down
11	EKADASA	Inhale, up
12	DUADASA	Exhale, Chaturanga
13	TRAYODASA	Inhale, Upward-Facing Dog
14	CATURDASA	Exhale, Downward-Facing Dog

PASCHIMATANASANA A (14 MOVEMENTS)

7	SAPTA	Inhale, jump through Dandasana (5 breaths)
		Exhale
8	ASTAU	Inhale, hold toes (A), look up



PURVATANASANA (13 MOVEMENTS)

ARDHA BADDHA PADMA PASCHIMATANASANA (20 MOVEMENTS)

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**TIRYANG MUKHAIKAPÄ?DA PASCHIMATÄ?NÄ?SANA (20 MOVEMENTS)**

7	SAPTA	Inhale, jump through, right knee forward
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 knee forward
15	PANCADASA	Exhale, fold
16	SODASA	Inhale, look up Exhale
17	SAPTADASA	Inhale, lift up
18	ASTAUDASA	Exhale, jump back, Chaturanga
19	EKUNAVIMÄ ATIÄ, □	Inhale, Upward-Facing Dog
20	VIMSATIH	Exhale, Downward-Facing Dog

JÄ?NU SIRÄ¹Ä?SANA A (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 ATIÄ, □	Inhale, Upward-Facing Dog
20	VIMSATIH	Exhale, Downward-Facing Dog

JANU SÄ°RÄ?ASANA B (20 MOVEMENTS)

7	SAPTA	Inhale, jump through, right foot in
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8	ASTAU	Exhale, fold
9	NAVA	Inhale, look up Exhale
10	DASA	Inhale, lift up
11	EKĀṂDASA	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	EKUNAVIMĀ ATĪĀ, २	Inhale, Upward-Facing Dog
20	VIMSATIH	Exhale, Downward-Facing Dog

JANU SIRĀṂCĀṂSANA C (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	EKĀṂDASA	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	EKUNAVIMĀ ATĪĀ, २	Inhale, Upward-Facing Dog
20	VIMSATIH	Exhale, Downward-Facing Dog

MARICHASANA A (20 MOVEMENTS)

7	SAPTA	Inhale, jump through, right knee up
8	ASTAU	Exhale, fold
9	NAVA	Inhale, look up Exhale



10	DASA	Inhale, lift up
11	EKĀṅGADASA	Exhale, jump back, Chaturanga
12	DUADASA	Inhale, Upward-Facing Dog
13	TRAYODASA	Exhale, Downward-Facing Dog
14	CATURDASA	Inhale, jump through, left knee up
15	PANCADASA	Exhale, fold
16	SODASA	Inhale, look up Exhale
17	SAPTADASA	Inhale, lift up
18	ASTAUDASA	Exhale, jump back, Chaturanga
19	EKUNAVIMĀṬĪĀṅGA	Inhale, Upward-Facing Dog
20	VIMSATIH	Exhale, Downward-Facing Dog

MARICHASANA B (20 MOVEMENTS)

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

MARICHASANA C (16 MOVEMENTS)

7	SAPTA	Inhale, jump through Exhale, take posture twist to the right
8	ASTAU	Inhale, lift up
9	NAVA	Exhale, jump back, Chaturanga
10	DASA	Inhale, Upward-Facing Dog
11	EKĀṅGADASA	Exhale, Downward-Facing Dog
12	DUADASA	Inhale, jump through



		Exhale, take posture twist to the left
13	TRAYODASA	Inhale, lift up
14	CATURDASA	Exhale, jump back, Chaturanga
15	PANCADASA	Inhale, Upward-Facing Dog
16	SODASA	Exhale, Downward-Facing Dog

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

NAVASANA (11 MOVEMENTS)

7	SAPTA	Inhale, jump through, legs up, reach forward
8	ASTAU	Inhale, lift up repeat SAPTA ASTAU 5 times
9	NAVA	Exhale, jump back, Chaturanga
10	DASA	Inhale, Upward-Facing Dog
11	EKĀDASA	Exhale, Downward-Facing Dog

BHUJAPIDASANA (13 MOVEMENTS)

7	SAPTA	Inhale, jump around hands, cross feet
8	ASTAU	Exhale, fold chin down
9	NAVA	Inhale, lift up Exhale, Bakasana
10	DASA	Inhale, lift up
11	EKĀDASA	Exhale, jump back, Chaturanga
12	DUADASA	Inhale, Upward-Facing Dog
13	TRAYODASA	Exhale, Downward-Facing Dog

**SUPTA KĀRMĀṢANA (14 MOVEMENTS)**

7	SAPTA	Inhale, jump back, Kurmasana
8	ASTAU	Exhale, take arms back
9	NAVA	Cross feet
10	DASA	Inhale, lift up with both legs behind the head and look up Exhale, Bakasana
11	EKĀṢANA	Inhale, lift up
12	DUADASA	Exhale, jump back, Chaturanga
13	TRAYODASA	Inhale, Upward-Facing Dog
14	CATURDASA	Exhale, Downward-Facing Dog

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

BADDHA KONASANA (13 MOVEMENTS)

7	SAPTA	Inhale, jump through, feet together
8	ASTAU	Exhale, fold, chest forward (A)
9	NAVA	Inhale, up
10	DASA	Exhale, fold, head down (B)
11	EKĀṢANA	Inhale, up Exhale
12	DUADASA	Inhale, lift up
13	TRAYODASA	Exhale, jump back, Chaturanga
14	CATURDASA	Inhale, Upward-Facing Dog
15	PANCADASA	Exhale, Downward-Facing Dog

UPAVĪṢṬHA KĀRMĀṢANA (14 MOVEMENTS)



7	SAPTA	Inhale, jump through, hold feet
8	ASTAU	Exhale, fold Inhale, look up
9	NAVA	Exhale Inhale, lift up, look up
10	DASA	Exhale
11	EKĀDASA	Inhale, lift up
12	DUADASA	Exhale, jump back, Chaturanga
13	TRAYODASA	Inhale, Upward-Facing Dog
14	CATURDASA	Exhale, Downward-Facing Dog

SUPTA KOĀ ASANA (14 MOVEMENTS)

7	SAPTA	Inhale, jump through Exhale, lie down
8	ASTAU	Inhale, legs up, take toes
9	NAVA	Inhale, roll up, hold Exhale, down
10	DASA	Inhale, look up Exhale
11	EKĀDASA	Inhale, lift up
12	DUADASA	Exhale, jump back, Chaturanga
13	TRAYODASA	Inhale, Upward-Facing Dog
14	CATURDASA	Exhale, Downward-Facing Dog

SUPTA PADANGUSTHASANA (26 movements)

7	SAPTA	Inhale, jump through Exhale, lie down
8	ASTAU	Inhale, right leg up, take toe
9	NAVA	Exhale, fold
10	DASA	Inhale, head down
11	EKĀDASA	Exhale, externally rotate right leg to the side, look left
12	DUADASA	Inhale, leg to the front
13	TRAYODASA	Exhale, fold
14	CATURDASA	Inhale, head down only
15	PANCADASA	Exhale, leg down
16	SODASA	Inhale, left leg up, hold toe
17	SAPTADASA	Exhale, fold
18	ASTAUDASA	Inhale, head down



19	EKUNAVIMSATIĀ, □	Exhale, externally rotate left leg to the side, look right
20	VIMSATIH	Inhale, leg to the front
21	EKAVIMSATIĀ, □	Exhale, fold
22	DUAVIMSATIĀ, □	Inhale, head down
23	TRAYOVIMSATIĀ, □	Exhale, leg down
24	CATURVIMSATIH	Inhale, Chakrasana Exhale, Chaturanga
25	PANCAVIMSATIĀ, □	Inhale, Upward-Facing Dog
26	ĀṬVIMSATIĀ, □	Exhale, Downward-Facing Dog

UBHAYA PADANGUSTHASANA (13 MOVEMENTS)

7	SAPTA	Inhale, jump through Exhale, lie down
8	ASTAU	Inhale, legs up Exhale, take toes
9	NAVA	Inhale, roll up, look up Exhale, down
10	DASA	Inhale, lift up
11	EKADAṂ A	Exhale, jump back, Chaturanga
12	DUADASA	Inhale, Upward-Facing Dog
13	TRAYODASA	Exhale, Downward-Facing Dog

URDHVA MUKHA PASCIMATANASANA (15 MOVEMENTS)

7	SAPTA	Inhale, jump through Exhale, lie down
8	ASTAU	Inhale, legs up Exhale, take feet
9	NAVA	Inhale, roll up, balance with straight arms
10	DASA	Exhale, fold head toward thigh
11	EKADAṂ A	Inhale, head up, straight arms Exhale, hold the position

PADMASANA (14 MOVEMENTS)

10	DASA	Inhale, come up, take pose
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UTPLUTIH (14 MOVEMENTS)

11	EKĀṂDASA	Inhale, lift up
12	DUADASA	Exhale, jump back, Chaturanga



13	TRAYODASA	Inhale, Upward-Facing Dog
14	CATURDASA	Exhale, Downward-Facing Dog
15	PANCADASA	Inhale, jump forward, look up
16	SODASA	Exhale fold Inhale, Samasthiti
1	EKAM	Inhale, arms up
2	DVE	Exhale, fold forward
3	TRINI	Inhale, look up, lengthen
4	CATVARI	Exhale, jump back, Chaturanga
5	PANCA	Inhale, Upward-Facing Dog
6	SAT	Exhale, Downward-Facing Dog
7	SAPTA	Inhale, jump through, lie down, rest Final relaxation

PASASANA

7	SAPTA	Inhale, jump forward Exhale, twist left
8	ASTAU	Twist right
9	NAVA	Inhale, lift up
10	DASA	Exhale, jump back, Chaturanga Dandasana
11	EKADAÅ A	Inhale, Urdhva Mukha Svanasana
12	DUADASA	Exhale, Urdhva Mukha Svanasana

KROUNČÄ?SANAD

7	SAPTA	Inhale, jump through, bind hands around left foot, straight arms
8	ASTAU	Exhale, chin to shin
9	NAVA	Inhale, straight arms Exhale
10	DASA	Inhale, lift up
11	EKÅ•DASA	Exhale, jump back, Chaturanga Dandasana
12	DUADASA	Inhale, Urdhva Mukha Svanasana
13	TRAYODASA	Exhale, Urdhva Mukha Svanasana
14	CATURDASA	Inhale, jump through, bind hands around right foot, straight arms
15	PANCADASA	Exhale, chin to shin
16	SODASA	Inhale, straight arms Exhale
17	SAPTADASA	Inhale, lift up



18	ASTAUDASA	Exhale, jump back, Chaturanga Dandasana
19	EKUNAVIMSATIā, □	Inhale, Urdhva Mukha Svanasana
20	VIMSATIH	Exhale, Urdhva Mukha Svanasana

SALABHASANA

4	CARVĀ?RI	Hold, exhale, lower
5	PANCA	Inhale, position A position, five breaths
6	SAT	Inhale, position B, five breaths
7	SAPTA	Inhale, Urdhva Mukha Svanasana
8	ASTAU	Exhale, Urdhva Mukha Svanasana

BHEKASANA

4	CATVĀ?RI	Hold, exhale, lower
5	PAĀ?CA	Inhale, take position, five breaths
6	SAT	Inhale, Urdhva Mukha Svanasana
7	SAPTA	Exhale, Urdhva Mukha Svanasana

DHANURASANA

4	CARVĀ?RI	Hold, exhale, lower
5	PAĀ?CA	Inhale, take position, five breaths
6	Ā?AT	Inhale, Urdhva Mukha Svanasana
7	SAPTA	Exhale, Urdhva Mukha Svanasana

PĀ?RSVA DHANURASANA

4	CARVĀ?RI	Hold, exhale, lower
5	PANCA	Inhale, take position, lift up, one breath
6	Ā?AT	Exhale, go right, five breaths
7	SAPTA	INHALE, COME UP
8	Aā¹ċā¹→AU	Inhale, come up, five breaths
9	NAVA	Inhale, Urdhva Mukha Svanasana
10	DASA	Exhale, Adho Mukha Svanasana
11	EkĀ•dasa	Exhale, go left, five breaths

USTRĀ?SANA

7	SAPTA	Inhale, jump forward, hold waist Exhale, engage the pelvic floor Inhale, prepare by lifting the spine away from the pelvis
8	ASTAU	Exhale, hold heels to enter posture, five breaths



9	NAVA	Inhale, come up, hold waist, exhale
10	DASA	Inhale, lift up
11	EKĀDASA	Inhale, Urdhva Mukha Svanasana
12	DUĀDASA	Exhale, Adho Mukha Svanasana
13	TRAYODASA	Exhale, jump back, Chaturanga Dandasana

LAGHU VAJRASANA

7	SAPTA	Inhale, jump forward, hold waist Exhale, engage the pelvic floor Inhale, prepare by lifting the spine away from the pelvis
8	ASTAU	Exhale, hold ankles, go back to position, five breaths
9	NAVA	Inhale, come up, hold waist Exhale
10	DASA	Inhale, lift up
11	EKADĀŚA	Exhale, jump back, Chaturanga Dandasana
12	DUADASA	Inhale, Urdhva Mukha Svanasana
13	TRAYODASA	Exhale, Adho Mukha Svanasana

KAPOTĀŚANA

7	SAPTA	Inhale, jump forward, hold waist Exhale, engage the pelvic floor Inhale, prepare by lifting the spine away from the pelvis
8	ASTAU	Exhale, catch heels, five breaths
10	DASA	Inhale, straight arms, five breaths Inhale, come up, hold waist Exhale
11	EKADĀŚA	Inhale, lift up
12	DUADASA	Exhale, jump back, Chaturanga Dandasana
13	TRAYODASA	Inhale, Urdhva Mukha Svanasana
14	CATURDASA	Exhale, Adho Mukha Svanasana

SUPTA VAJRASANA

7	SAPTA	Inhale, jump through, straight legs, sit
8	ASTAU	Padmasana
9	NAVA	Exhale, place your head down, five breaths Go up and down three times



10	DASA	Stay down, five breaths Inhale, bring your head back up and return to Baddha Padmasana Exhale, engage the pelvic floor, release your feet
11	EKADAĀ?A	Inhale, lift your Padmasana up
12	DUADASA	Exhale, jump back, Chaturanga Dandasana
13	TRAYODASA	Inhale, Urdhva Mukha Svanasana
14	CATURDASA	Exhale, Adho Mukha Svanasana

BAKASANA A

7	SAPTA	Inhale, jump forward to squat, prepare
8	ASTAU	Inhale, lift up
9	NAVA	Exhale, jump back, Chaturanga Dandasana
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKADAĀ?A	Exhale, Adho Mukha Svanasana

BAKASANA B

7	SAPTA	Inhale, jump to position
8	ASTAU	Inhale, lift up
9	NAVA	Exhale, jump back, Chaturanga Dandasana
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKADAĀ?A	Exhale, Adho Mukha Svanasana

BHARADVĀ?JĀ?SANA

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	EKĀ•DASA	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

ARDHA MATSYENDRASANA



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	EKĀ•DASA	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

EKA-PADA SĀ°RĀ?ASANA

7	SAPTA	Inhale, jump around right side
8	ASTAU	Exhale, fold forward, hold wrist, five breaths
9	NAVA	Inhale, come up, prayer hands Exhale
10	DASA	Inhale, lift up, chin to shin
11	EKĀ•DASA	Exhale, jump back, Chaturanga Dandasana
12	DUADASA	Inhale, Urdhva Mukha Svanasana
13	TRAYODASA	Exhale, Adho Mukha Svanasana
14	CATURDASA	Inhale, jump around left side
15	PAĀ?CADASA	Exhale, fold forward, five breaths
16	SODASA	Inhale, come up, prayer hands Exhale
17	SAPTADASA	Inhale, lift up, chin to shin
18	AĀ?ā ¹ -AUDASA	Exhale, jump back, Chaturang Dandasana
19	EKUNAVIMĀ?ATIH	Inhale, Urdhva Mukha Svanasana
20	VIMSATĪā, □	Exhale, Adho Mukha Svanasana

DVI PADA SIRÈ?Ā?SANA

7	SAPTA	Inhale, jump legs around, legs behind head, five breaths
8	ASTAU	Inhale, lift up, five breaths
9	NAVA	Bakasana
10	DASA	Exhale, jump back, Chaturanga Dandasana
11	EKĀ•DASA	Inhale, Urdhva Mukha Svanasana
12	DUADASA	Exhale, Adho Mukha Svanasana

**YOGANIDRASANA**

7	SAPTA	Inhale, jump through, lie down
8	ASTAU	Legs behind head, five breaths
9	NAVA	Inhale, Chakrasana, land in Chaturanga Dandasana
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKÃ•DASA	Exhale, Adho Mukha Svanasana

TITTIBHASANA

7	SAPTA	4 Inhale, Tittibhasana A, five breaths
8	ASTAU	Tittibhasana B, bind hands around back, straight legs, five breaths
9	NAVA	Walk forward five times, walk back five times
10	DASA	Fingers around ankles, five breaths
10	DASA	Inhale, lift up, Tittibhasana A
11	EKÃ•DASA	Exhale, Bakasana
12	DUADASA	Exhale, jump back, Chaturanga Dandasana
13	TRAYODASA	Inhale, Urdhva Mukha Svanasana
14	CATURDASA	Exhale, Adho Mukha Svanasana

PINCA MAYÃ•RÃ•SANA

7	SAPTA	Prepare
8	ASTAU	Inhale, lift up, five breaths
9	NAVA	Exhale, jump back, Chaturanga Dandasana
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKÃ•DASA	Exhale, Adho Mukha Svanasana

KARANDÃ•VÃ•SANA

7	SAPTA	Prepare
8	ASTAU	Lift up, Pinchamayurasana
9	NAVA	Padmasana, lower, five breaths
10	DASA	Inhale, lift up, hold, donâ€™t jump back
11	EKÃ•DASA	Exhale, jump back, Chaturanga Dandasana
12	DUADASA	Inhale, Urdhva Mukha Svanasana
13	TRAYODASA	Exhale, Adho Mukha Svanasana
14	CATURDASA	Inhale, jump forward, stand up, look up
15	PANCADASA	Exhale, fold forward



Inhale, return to standing
Samsthiti

MAYĀ^aRASANA

1	EKAM	Feet hip-width apart, fold forward, open feet, flip hands/wrists, look up
2	DVE	Fold forward, head between arms
3	TRINI	Inhale, look up
4	CATVARI	Jump back
5	PANCA	Inhale, take position, five breaths
6	SAT	Inhale, Urdhva Mukha Svanasana
7	SAPTA	Exhale, Adho Mukha Svanasana
8	ASTAU	Inhale, jump forward, look up
9	NAVA	Exhale, fold forward, head between arms Inhale, Samsthiti

NAKRĀ[?]SANA

1	EKAM	Inhale, lift arms, look up
2	DVE	Exhale, fold forward
3	TRINI	Inhale, look up
4	CATVARI	Jump back, Chaturanga Dandasana, hold
5	PANCA	Jump forward five times, backward five times
6	SAT	Inhale, Urdhva Mukha Svanasana
7	SAPTA	Exhale, Adho Mukha Svanasana
8	ASTAU	Inhale, jump forward, stand up, look up
9	NAVA	Exhale, fold forward Inhale, Samsthiti

VATAYANASANA

1	EKAM	Inhale, fold right leg into half-lotus, bind foot with hand
2	DVE	Exhale, fold forward, hands on floor
3	TRINI	Inhale, look up
4	CATVARI	Exhale, jump back, lotus foot off floor
5	PANCA	Inhale, Urdhva Mukha Svanasana
6	SAT	Exhale, Adho Mukha Svanasana
7	SAPTA	Inhale, jump forward, take position right side, five breaths



8	AÅ?TAU	Inhale, lift up
9	NAVA	Exhale, jump back
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKADAÅ?A	Exhale, Adho Mukha Svanasana
12	DUÃ?DASA	Inhale, jump forward, take position left side, five breaths
13	TRAYODAÅ?A	Inhale, lift up
14	CATURDAÅ?A	Exhale, jump back
15	PAÃ?CADAÅ?A	Inhale, Urdhva Mukha Svanasana
16	SODASA	Exhale, Adho Mukha Svanasana
17	SAPTADASA	Inhale, jump forward, look up, bind left foot with hand
18	Aá¹¢á¹-AUDASA	Exhale, fold forward
19	EKUNAVIMÅ?ATIá, ¢	Inhale, look up
20	VIMSATIá, ¢	Exhale, stand up Inhale, Samsthiti

PARIGHASANA

1	EKAM	Inhale, lift arms, look up
2	DVE	Exhale, fold forward
3	TRINI	Inhale, look up
4	CATVARI	Jump back, Chaturanga Dandasana
5	PANCA	Inhale, Urdhva Mukha Svanasana
6	SAT	Exhale, Adho Mukha Svanasana
7	SAPTA	Inhale, jump through, straight legs, sit
8	AÅ?TAU	Inhale, hands to waist Exhale to posture, bend right knee, lean left
9	NAVA	Inhale, hands to waist Exhale
10	DASA	Inhale, lift up
11	EKADAÅ?A	Exhale, jump back, Chaturanga Dandasana
12	DUÃ?DASA	Inhale, Urdhva Mukha Svanasana
13	TRAYODAÅ?A	Exhale, Adho Mukha Svanasana
14	CATURDAÅ?A	Inhale, jump through, straight legs Exhale
15	PAÃ?CADAÅ?A	Inhale, hands to waist Exhale into posture, bend left, lean right
16	SODASA	Inhale, hands to waist Exhale



17	SAPTADASA	Inhale, lift up
18	Aá¹¢á¹¬AUDASA	Exhale, jump back, Chaturanga Dandasana
19	EKUNAVIMĀ?ATÍá, ¢	Inhale, Urdhva Mukha Svanasana
20	VIMSATÍá, ¢	Exhale, Adho Mukha Svanasana

GOMUKHASANA

7	SAPTA	Inhale, jump through, straight legs, sit Take position right side, five breaths
8	Aá¹¢á¹¬AU	Lift arms, five breaths
9	NAVA	Inhale, lift up
10	DASA	Exhale, jump back, Chaturanga Dandasana
11	EKADAĀ?A	Inhale, Urdhva Mukha Svanasana
12	DUĀ?DASA	Exhale, Urdhva Mukha Svanasana
13	TRAYODAĀ?A	Inhale, jump through, straight legs, sit Take position left side, five breaths
14	CATURDAĀ?A	Lift arms, five breaths
15	PAĀ?CADAĀ?A	Inhale, lift up
16	SODASA	Exhale, jump back, Chaturanga Dandasana
17	SAPTADASA	Inhale, Urdhva Mukha Svanasana
18	Aá¹¢á¹¬AUDASA	Exhale, Adho Mukha Svanasana

SUPTA URDHVA PADA VAJRASANA

7	SAPTA	Inhale ump through, lie down
8	AĀ?TAU	Lift legs, right half-lotus, bind foot to hand Exhale
9	NAVA	Inhale, roll up, twist right, five breaths
10	DASA	Inhale, lift up
11	EKADAĀ?A	Exhale, jump back
12	DUĀ?DASA	Inhale, Urdhva Mukha Svanasana
13	TRAYODAĀ?A	Exhale, Adho Mukha Svanasana
14	CATURDAĀ?A	Inhale, jump through, lie down
15	PAĀ?CADAĀ?A	Lift legs, left half-lotus, bind foot to hand Exhale
16	SODASA	Inhale, roll up, twist left, hold for five breaths
17	SAPTADASA	Inhale, lift up
18	Aá¹¢á¹¬AUDASA	Exhale, jump back to Chaturanga Dandasana
19	EKUNAVIMĀ?ATÍá, ¢	Inhale, Urdhva Mukha Svanasana
20	VIMSATÍá, ¢	Exhale, Adho Mukha Svanasana

**MUKTA HASTA SIRSASANA A**

7	SAPTA	Prepare
8	Aá¹¢á¹¬AU	Inhale, lift up
9	NAVA	Exhale, jump back, Chaturanga Dandasana
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKADAĀ?A	Exhale, Adho Mukha Svanasana

MUKTA HASTA SÄ°RĀ?Ä?SANA B

7	SAPTA	Prepare
8	Aá¹¢á¹¬AU	Inhale, lift up
9	NAVA	Exhale, jump back, Chaturanga Dandasana
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKADAĀ?A	Exhale, Adho Mukha Svanasana

MUKTA HASTA SÄ°RÈ?Ä?SANA C

7	SAPTA	Prepare
8	Aá¹¢á¹¬AU	Inhale, lift up
9	NAVA	Exhale, jump back, Chaturanga Dandasana
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKADAĀ?A	Exhale, Adho Mukha Svanasana

BADDHA HASTA SIRá¹¢ASANA A

7	SAPTA	Prepare
8	Aá¹¢á¹¬AU	Inhale, lift up
9	NAVA	Exhale, jump back, Chaturanga Dandasana
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKADAĀ?A	Exhale, Adho Mukha Svanasana

BADDHA HASTA SIRá¹¢Ä?SANA B

7	SAPTA	Prepare
8	Aá¹¢á¹¬AU	Inhale, lift up
9	NAVA	Exhale, jump back, Chaturanga Dandasana
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKADAĀ?A	Exhale, Adho Mukha Svanasana

BADDHA HASTA SIRSASANA C

7	SAPTA	Prepare
8	Aá¹¢á¹¬AU	Inhale, lift up



9	NAVA	Exhale, jump back, Chaturanga Dandasana
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKADAĀ?A	Exhale, Adho Mukha Svanasana

BADDHA HASTA SIRĀ?Ā?SANA D

7	SAPTA	Prepare
8	AĀ?TAU	Inhale, lift up
9	NAVA	Exhale, jump back, Chaturanga Dandasana
10	DASA	Inhale, Urdhva Mukha Svanasana
11	EKADAĀ?A	Exhale, Adho Mukha Svanasana

7	SAPTA	Inhale, jump through, lie down
8	AĀ?TAU	Exhale, prepare for the pose with feet out, arms crossed
9	NAVA	Inhale, lift up
10	DASA	Exhale, down
11	EKADAĀ?A	Inhale, Chakrasana Exhale, Chaturanga
12	DUĀ?DASA	Inhale, Upward-Facing Dog
13	TRAYODAĀ?A	Exhale, Downward-Facing Dog

Ā?RDHVA DHANURASANA (13 movements)

7	SAPTA	Inhale, jump through, lie down Exhale, prepare
8	AĀ?TAU	Inhale, lift up
9	NAVA	Exhale, down
10	DASA	repeat NAVA DASA 3 times Inhale, Chakrasana
11	EKADAĀ?A	Exhale, Chaturanga
12	DUĀ?DASA	Inhale, Upward-Facing Dog
13	TRAYODAĀ?A	Exhale, Downward-Facing Dog

PASCHIMATANASANA (14 movements)

7	SAPTA	Inhale, jump through Exhale
8	AĀ?TAU	Inhale, hold feet or wrist, look up
9	NAVA	Exhale, fold
10	DASA	Inhale, look up, lengthen Exhale
11	EKADAĀ?A	Inhale, lift up



- 12 DUÅ?DASA Exhale, jump back, Chaturanga
13 TRAYODAA?A Inhale, Upward-Facing Dog
14 CATURDASA Exhale, Downward-Facing Dog

SARVANGASANA (11 movements)

- 7 SAPTA Inhale, jump through
Exhale, lie down
8 AA?TAU Inhale, lift up

HALASANA (11 movements)

- 8 ASTAU Exhale, lower feet, bind

KARNAPIDASANA (11 movements)

- 8 ASTAU Exhale, bend knees, bind

Å?RDHVA PADMASANA (12 movements)

- 9 NAVA Inhale, take lotus balance

PINDASANA (12 movements)

- 9 NAVA Exhale, fold, bind

MATSYASANA (12 movements)

- 9 NAVA Exhale, lift up

UTTANA PADASANA (12 movements)

- 9 NAVA Inhale, take pose
Exhale, down
10 DASA Inhale, Chakrasana
Exhale, Chaturanga
11 EKADAÅ?A Inhale, Upward-Facing Dog
12 DUÅ?DASA Exhale, Downward-Facing Dog

SÄ°RÅ?ASANA (11 movements)

- 7 SAPTA Exhale, prepare
8 AA?TAU Inhale, up
9 NAVA Exhale, halfway down
Inhale, lift up
10 DASA Exhale, down
Balasana s breaths
11 EKADAÅ?A Exhale, jump back, Chaturanga



- 12 DUĀṅDASA Inhale, Upward-Facing Dog
13 TRAYODAAṅA Exhale, Downward-Facing Dog

BADDHA PADMASANA/YOGA MUDRĀṅ (14 movements)

- 7 SAPTA Inhale, jump through
8 AĀṅTAU Exhale, take pose
9 NAVA Exhale, fold, yoga mudra

SETU BANDHASANA (13 movements)

- 7 SAPTA Inhale, jump through, lie down
8 AĀṅTAU Exhale, prepare for the pose with feet out, arms crossed
9 NAVA Inhale, lift up
10 DASA Exhale, down
11 EKADAĀṅA Inhale, Chakrasana
Exhale, Chaturanga
12 DUĀṅDASA Inhale, Upward-Facing Dog
13 TRAYODAAṅA Exhale, Downward-Facing Dog

ĀṅRDHVA DHANURASANA (13 movements)

- 7 SAPTA Inhale, jump through, lie down
Exhale, prepare
8 AĀṅTAU Inhale, lift up
9 NAVA Exhale, down
10 DASA repeat NAVA DASA 3 times
Inhale, Chakrasana
11 EKADAĀṅA Exhale, Chaturanga
12 DUĀṅDASA Inhale, Upward-Facing Dog
13 TRAYODAAṅA Exhale, Downward-Facing Dog

PASCHIMATANASANA (14 movements)

- 7 SAPTA Inhale, jump through
Exhale
8 AĀṅTAU Inhale, hold feet or wrist, look up
9 NAVA Exhale, fold
10 DASA Inhale, look up, lengthen
Exhale
11 EKADAĀṅA Inhale, lift up
12 DUĀṅDASA Exhale, jump back, Chaturanga
13 TRAYODAAṅA Inhale, Upward-Facing Dog



14 CATURDASA Exhale, Downward-Facing Dog

SARVANGASANA (11 movements)

7 SAPTA Inhale, jump through
Exhale, lie down

8 AÅ?TAU Inhale, lift up

HALASANA (11 movements)

8 ASTAU Exhale, lower feet, bind

KARNAPIDASANA (11 movements)

8 ASTAU Exhale, bend knees, bind

Å?RDHVA PADMASANA (12 movements)

9 NAVA Inhale, take lotus balance

PINDASANA (12 movements)

9 NAVA Exhale, fold, bind

MATSYASANA (12 movements)

9 NAVA Exhale, lift up

UTTANA PADASANA (12 movements)

9 NAVA Inhale, take pose
Exhale, down

10 DASA Inhale, Chakrasana
Exhale, Chaturanga

11 EKADAÅ?A Inhale, Upward-Facing Dog

12 DUÅ?DASA Exhale, Downward-Facing Dog

SÄ°RÅ?ASANA (11 movements)

7 SAPTA Exhale, prepare

8 AÅ?TAU Inhale, up

9 NAVA Exhale, halfway down
Inhale, lift up

10 DASA Exhale, down
Balasana s breaths

11 EKADAÅ?A Exhale, jump back, Chaturanga

12 DUÅ?DASA Inhale, Upward-Facing Dog

13 TRAYODAÅ?A Exhale, Downward-Facing Dog

**BADDHA PADMASANA/YOGA MUDRÄ? (14 movements)**

- | | | |
|---|--------|--------------------------|
| 7 | SAPTA | Inhale, jump through |
| 8 | AÅ?TAU | Exhale, take pose |
| 9 | NAVA | Exhale, fold, yoga mudra |

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