

Vinyasa Krama inverted sequence poster



Handstand with straight knee approach



!...straighten your knees as you inhale



...slowly raise your legs straight



Sirsasana



Akunchanasana
Akunchanasana vinyasa



Akunchanasana vinyasa



Akunchanasana vinyasa



Ardha padma
Akunchanasana



Ardha padma
Akunchanasana



Lower right toes to mat



lower left toes to mat



Viparita garundasana



Viparita garundasana



Urdhwa konasana



Urdhwa konasana



Urdhwa konasana



Urdhwa badha konasana



Urdhwa padmasana



Urdhwa padmasana



Urdhwa padmasana



Akunchita urdhwa
padmasana



Urdhwa dandasana



Take legs back and lower
toes



Niralamba sirasana



Arms bent in front of face



arms spread in front



Mukta hasana sirasana



'From vajrasana slowly bend forward



...draw your legs close to body



...straighten waist keeping knees your knees bent



...straighten your knees so your body is straight'



Akunchanasana Akunchanasana vinyasa



Akunchanasana vinyasa



Akunchanasana vinyasa



Ardha padma Akunchanasana



Ardha padma Akunchanasana



Lower right toes to mat



lower left toes to mat



Viparita garundasana

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Viparita garundasana



Urdhwa konasana



Urdhwa konasana



Urdhwa konasana



Urdhwa badha konasana



Urdhwa padmasana



Urdhwa padmasana



Urdhwa padmasana



Akunchita urdhwa padmasana



Urdhwa dandasana



practriya



viparita dandasana



Handstand with straight knee approach



!...straighten your knees as you inhale



...slowly raise your legs straight



Sirsasana



Niralamba sirasana



Arms bent in front of face



arms spread in front



Mukta hasana sirasana



slowly lower your legs copy



bring toes to the mat



lower knees to mat and rest