

Vinyasa Krama lotus sequence Poster



Ardha badha padmasana
Vinyasas



ardha padmasana



ardha-padmasana
paschimatanasana



Ardha badha padmasana
pashimatanasana



Kshyapasana



ardha-badha padmasana
variation



ardha-padmasana
variation



Prathikriya



ardha-padmasana



ardha-padmasana
paschimatanasana



Ardha badha padmasana
pashimatanasana



Kshyapasana



ardha-badha padmasana
variation



ardha-padmasana
variation



Prathikriya



Padmasana



Parvatasana



Bhadrasana



Laghu yoga mudra



utplithi



vama-parsva-laghu yoga
mudra



dakshina-parsva-laghu
yoga mudra



Badha padmasana



Yoga mudra



vama yoga mudra



dakshina yoga mudra



Urdhwa mukha
padmasana



supta padmasana



Matsyasana



Urdhwa padmasana



Pindasana



Urdhwa pindasana



Urdhwa pindasana



Pratikriya



akunchita urdhwa
padmasana variations



padma bhujangasana /
ious cobra pose



twist to left side in lotus



twist to right side in lotus



Lolasana



Kukkutasana



garbha pindasana



Purna garbha pindasana



Uttana kurmasana



Supta padmasana



urdhwa kukkutasana



Padma mayurasana



urdhwa padmasana



urdhwa padmasana



urdhwa padmasana



urdhwa padmasana



urdhwa padmasana



urdhwa padmasana



Viparita yog mudra



lotus in handstand



return sequence
downward facing dog



Utktasana



Uttanasana



tadasana

Vinyasa Krama lotus sequence practice sheet p1



Ardha badha padmasana Vinyasas



ardha padmasana



ardha-padmasana paschimatanasana



Ardha badha padmasana pashimatanasana



Kashyapasana



ardha-badha padmasana variation



ardha-padmasana variation



Prathikriya



ardha-padmasana



ardha-padmasana paschimatanasana



Ardha badha padmasana pashimatanasana



Kashyapasana

Vinyasa krama lotus sequence practice sheet p2



ardha-badha padmasana variation



ardha-padmasana variation



Pratikriya



Padmasana



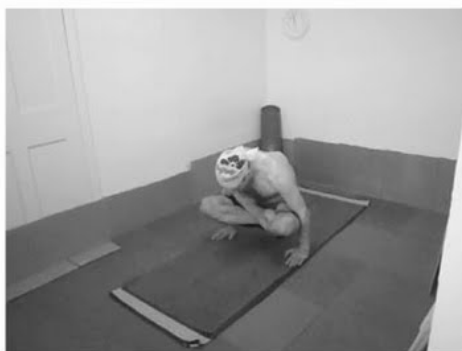
Parvatasana



Bhadrāsana



Laghu yoga mudra



utpluthi



vama-parsva-laghu yoga mudra



dakshina-parsva-laghu yoga mudra



Badha padmasana



Yoga mudra

Vinyasa krama lotus sequence practice sheet p3



vama yoga mudra



dakshina yoga mudra



Urdhwa mukha padmasana



supta padmasana



Matsyasana



Urdhwa padmasana



Pindasana



Urdhwa pindasana



Urdhwa pindasana



Pratikriya



akunchita urdhwa padmasana variations



padma bhujangasana / lous cobra pose

Vinyasa krama lotus sequence practice sheet p4



twist to left side in lotus



twist to right side in lotus



Lolasana



Kukkutasana



garbha pindasana



Purna garbha pindasana



Uttana kurmasana



Supta padmasana



urdhwa kukkutasana



Padma mayurasana



urdhwa padmasana



urdhwa padmasana

Vinyasa krama lotus sequence practice sheet p5



urdhwa padmasana



urdhwa padmasana



urdhwa padmasana



urdhwa padmasana



Viparita yog mudra



lotus in handstand



return sequence downward facing dog



Utkatasana



Uttanasana



tadasana