

Vinyasa Krama Meditative sequence poster



Samassthiti



Uttanasana



Utkatasana



'lean forward slightly on to knees'



Vajrasana



raise arms above head , palms up



hasta vinyasa



forward bending variations in vajrasana



arms outstretched



hands behind buttocks



'...dig hands a little into your lower abdomen'



'...place forehead on the floor'



hands in Prishtanjai (prayer)



extend chest and return to vajrasana



Counterposes



raising chest



Ustrasana subroutine



Ushtrasana



advanced variation



kapotasana



Camel walk sequence



step forward



head to knee



place hands on heels and raise chest



eka pada kapotasana



return to vajrasana



Virasana vinyasa



sit between feet



virasana hasta vinyasana



place forehead and arms on floor



Prayankasana



cross legs at ankles



Simasana in virasana



utpluthi



Chaturanga dandasana



Upward facing dog



downward facing dog



Utkatasana



Uttasana



samasthiti

Vinyasa krama meditative sequence practice sheets p1



Samassthiti



Uttanasana



Utkatasana



'lean forward slightly on to knees'



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raise arms above head , palms up



hasta vinyasa



forward bending variations in vajrasana



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hands behind buttocks



'...dig hands a little into your lower abdomen'



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hands in Prishtanjai (prayer)



extend chest and return to vajrasana



Counterposes



raising chest



Ustrasana subroutine



Ushtrasana



advanced variation



kapotasana

Vinyasa krama meditative sequence practice sheets p2



Camel walk sequence



step forward



head to knee



place hands on heels and raise chest



eka pada kapotasana



return to vajrasana



Virasana vinyasa



sit between feet



virasana hasta vinyasana



place forehead and arms on floor



Prayankasana



cross legs at ankles



Simasana in virasana



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Upward facing dog



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