

Vinyasa Krama 'On one leg' sequence Poster



On one leg sequence



Bhagirathasana



Vrikmasana



Vrikmasana



Vatyanasana



One leg squat arms out front



Vrikmasana bound



Ardha baddha padmottanasana



bound Vrikmasana squat variation



Standing marichi



bound standing marichi



Forward bending bound Marichi



reverse view



Uttita padangustasana



Uttitha hasta padangustasana



Uttitha pasvashita



Uttitha padangustasana variation



Uttitha hasta padangustasana variation



Uttitha pasvashita variation



virabhadrasana variation



Virabhadrasana sequence



Virabhadrasana variation



Durvasana



Skandasana



Durvasana variation



utpluthi



Natajarasana



full natajarasana



return to standing

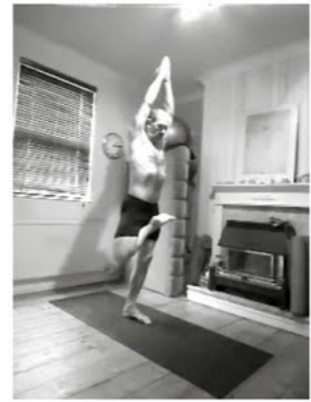
Vinyasa krama 'On one leg' sequence practice sheets p1



On one leg sequence



Bhagirathasana



Vrikmasana



Vrikmasana



Vrikmasana



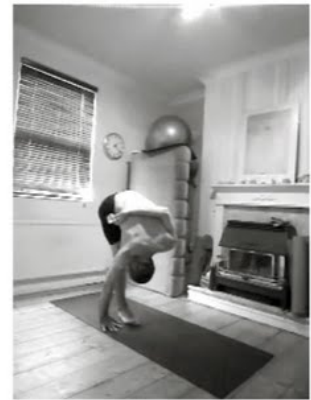
Vatyanasana



One leg squat arms out front



Vrikmasana bound



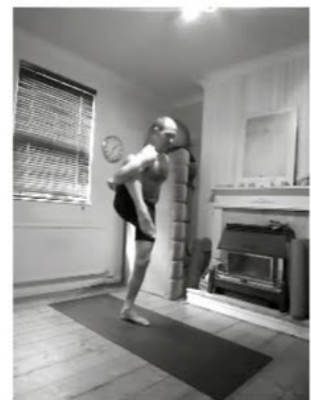
Ardha baddha padmottanasana



bound Vrikmasana squat variation



Standing marichi



bound standing marichi

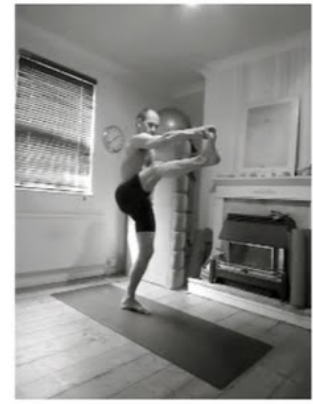
Vinyasa krama 'On one leg' sequence practice sheets p2



Forward bending bound Marichi



reverse view



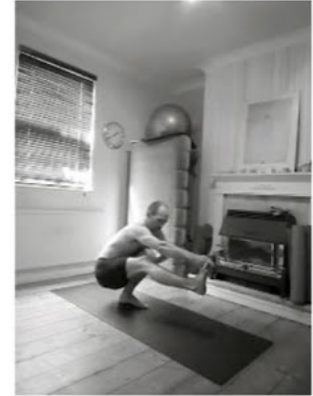
Uttita padangustasana



Utthita hasta padangustasana



Utthita pasvashita



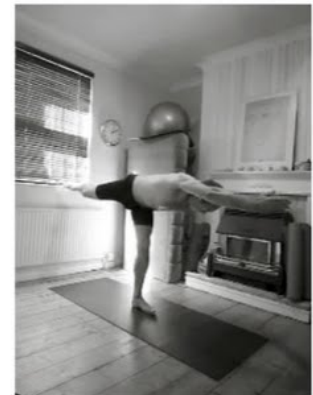
Uttita padangustasana variation



Utthita hasta padangustasana variation



Utthita pasvashita variation



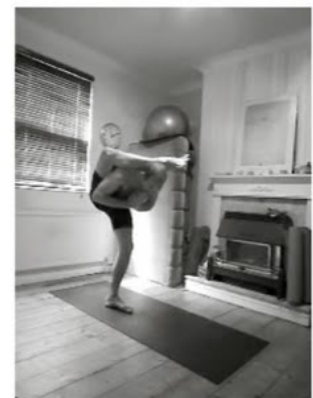
Virabhadrasana sequence



virabhadrasana variation



Virabhadrasana variation



Durvasana



Skandasana



Durvasana variation



utpluthi



Natajarasana



full natajarasana



return to standing