

Vinyasa Krama Seated sequence poster



Downward dog



Jump through



Samasthiti



Savasana



Dandasana



Paschimatanasana



Paschimatanasana



Paschimatanasana



Paschimatanasana



Paschimatanasana



Niralamba Paschimatanasana
Paschimatanasana



Niralamba Paschimatanasana
Paschimatanasana



Paschimatanasana



Paschimatanasana



Purvatanasana



Kurmasana



Akunchita kurmasana



Puratanasana



Vasistasana right side



Vasistasana left side



Catshpada peetam



Catshpada peetam



Catshpada peetam



Navasana



Purna navasana



Urdhwa paschimatanasana



Savasana



Upavishta Konasana sthiti



Upavishta Konasana



Upavishta Konasana



Upavishta Konasana



Upavishta Konasana



Forward bend to the right side



forward bending twist to the
left side



forward bend to right



forward bending twist to right



Badha konasana



Badha konasana



Badha konasana



Mula bandhasana



Padmasana



Bhadrasana



Siddhasana



Gomukhasana



Gomukhasana



Yoganarisimhasana



Dandasana



Seated Sequences lead in

Vinyasa krama seated sequence practice sheets p1



Seated Sequences lead in



Downward dog



Jump through



Samasthiti



Dandasana



Paschimatanasana



Paschimatanasana



Paschimatanasana



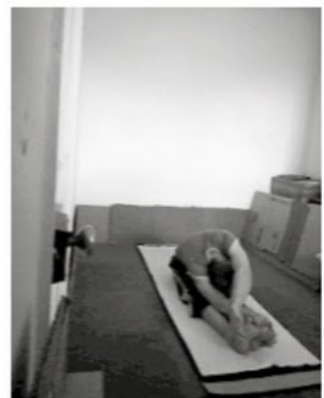
Paschimatanasana



Paschimatanasana



Paschimatanasana



Paschimatanasana



Niralamba Paschimatanasana
Paschimatanasana



Niralamba Paschimatanasana
Paschimatanasana



Purvatanasana



Kurmasana



Akunchita kurmasana



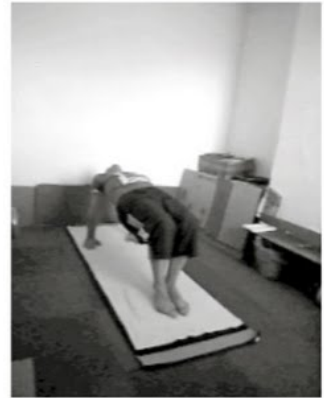
Puratanasana



Vasistasana right side



Vasistasana left side



Catshpada peetam



Catshpada peetam



Catshpada peetam



Navasana

Vinyasa krama seated sequence practice sheets p3



Purna navasana



Urdhwa paschimatanasana



Savasana



Upavishta Konasana sthiti



Upavishta Konasana



Upavishta Konasana



Upavishta Konasana



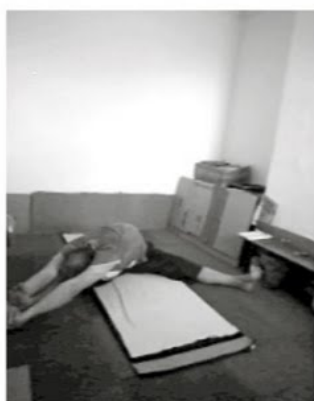
Upavishta Konasana



Forward bend to the right side



forward bending twist to the left side



forward bend to right



forward bending twist to right

Vinyasa krama seated sequence practice sheets p4



Badha konasana



Badha konasana



Badha konasana



Mula bandhasana



Padmasana



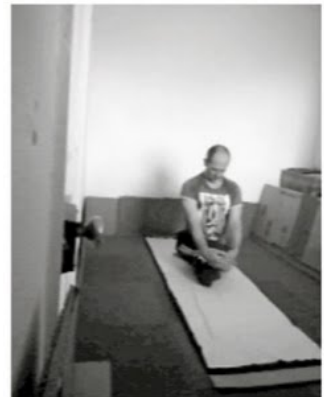
Bhadrasana



Siddhasana



Gomukhasana



Gomukhasana



Yoganarisimhasana



Dandasana



Savasana