

Vinyasa Krama 'On your feet' sequence Poster



Samasthiti



Parsva bharga



Lifting pelvis



Purva bharga



stretching out of pelvis



Elbow movement



Hands crossed on shoulders



Hands on same shoulders



hands locked behind



Locked at elbows



Prishtanjali



Arms raised back bend



Parsva bhanga left side



Parsva bhanga right side



Parsva Bhangi II



Parsva bhangi vinyasa



Parsva bhanga vinyasa



Parsva bhangi Prishtanjali



Parsva Bhangi prishtanjali



Ardha Uttanasana



Purna uttanasana



Purna uttanasana



Niralamba Uttanasana 1



Niralamba uttanasana 2



Niralamba uttanasana 3



Parsva bharga uttanasana



Parsva bharga uttanasana



Kurmasana vinyasa



Tiryang mukha Uttanasana



Tiryang mukha uttanasana



Ardha Utkatasana



Ardha utkatasana



Ardha Utkatasana



Ardha Utkatasana



Ardha Utkatasana



Utkatasana



Utkatasana



Utkatasana



Utkatasana



Utkatasana



Utkatasana



kurmasana and Kanchyasana



Pasasana



Pasasana



return to samasthiti from squat



through uttanasana



Tadasana



Savasana

Shorter, 10 minute, 'On your feet/tadasana' sequence Poster



Samasthiti



Parsva bharga



Lifting pelvis



Lifting pelvis



Raising arms to the front



Purva bharga



stretching out of pelvis



Elbow movement



Hands crossed on shoulders



Hands on same shoulders



hands locked behind



Locked at elbows



Prishtanjali



Arms raised back bend



vicsnap-2011-01-19-19h44m11s246



Parsva bhanga left side



Parsva banga right side



Parsva bhangi vinyasa



Parsva bhanga vinyasa



Ardha Uttanasana



Purna Uttanasana



Purna Uttanasana



Parsva bharga Uttanasana



Parsva bharga Uttanasana



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Ardha Utkatasana



Utkatasana



Pasasana

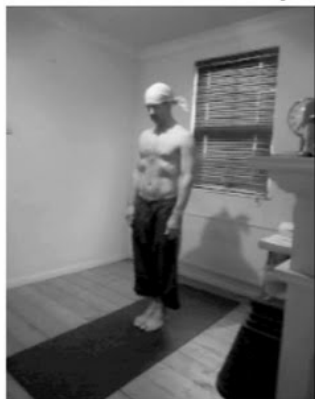


Pasasana

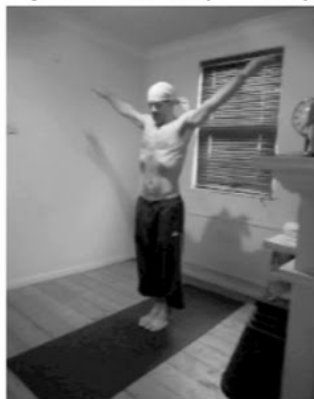


Tadasana

Vinyasa Krama 'On your feet' sequence practice sheets p1



Samasthiti



Parsva bharga



Lifting pelvis



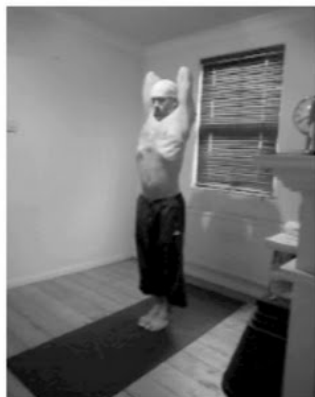
Purva bharga



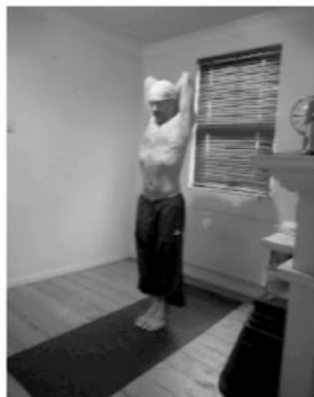
stretching out of pelvis



Elbow movement



Hands crossed on shoulders



Hands on same shoulders



hands locked behind



Locked at elbows



Prishtanjali



Arms raised back bend

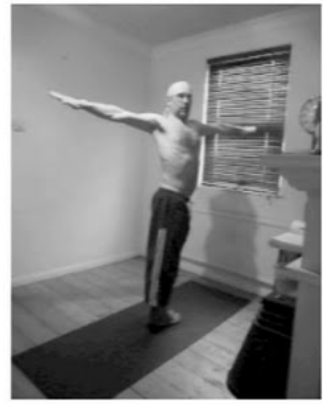
Vinyasa Krama 'On your feet' sequence practice sheet p2



Parsva bhanga left side



Parsva bhanga right side



Parsva Bhangi II



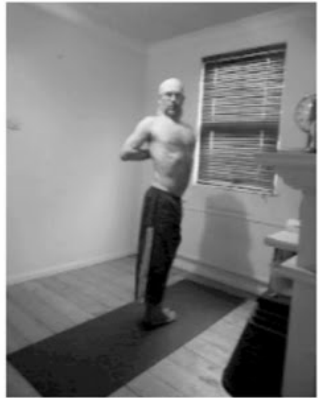
Parsva bhangi vinyasa



Parsva bhanga vinyasa



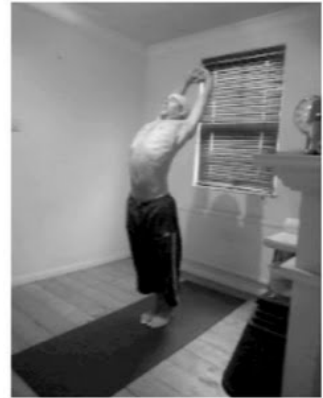
Parsva bhangi Prishtanjali



Parsva Bhangi prishtanjali



Ardha Uttanasana



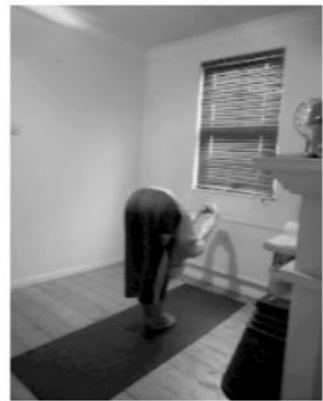
Purna Uttanasana



Purna Uttanasana



Niralamba Uttanasana 1



Niralamba Uttanasana 2

Vinyasa Krama 'On your feet' sequence practice sheet p3



Niralamba Uttanasana 3



Parsva Bharga Uttanasana



Parsva Bharga Uttanasana



Kurmasana Vinyasa



Tiryang Mukha Uttanasana



Tiryang Mukha Uttanasana



Ardha Utkatasana



Ardha Utkatasana



Ardha Utkatasana



Ardha Utkatasana



Ardha Utkatasana



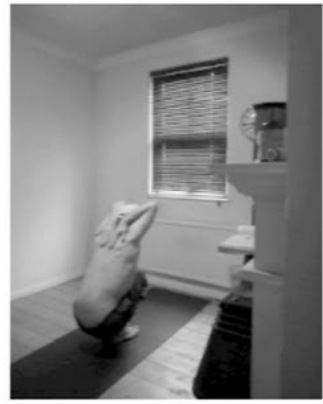
Utkatasana



Utkatasana



Utkatasana



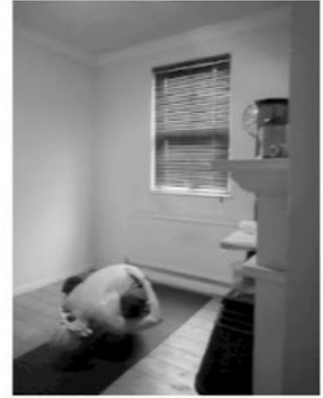
Utkatasana



Utkatasana



Utkatasana



kurmasana and Kanchiyasana



Pasasana



Pasasana



return to samasthiti from squat



through uttanasana



Tadasana



Savasana