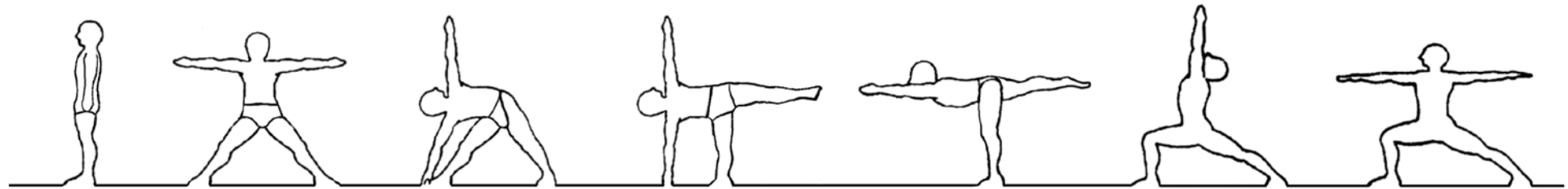


Standing Vinyasa I



1

Begin in Tadasana

Jump legs apart
and move into

2

Right Trikonasana
walk the right
hand forward and
move into

3

Right Ardha
Chandrasana
turn the torso
towards the floor
into

4

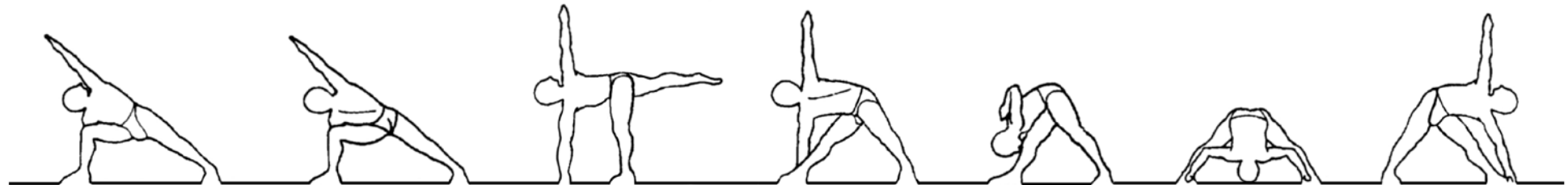
Virabhadrasana 3
reach back and
ground the left
leg into

5

Virabhadrasana 1
turn the hips
towards the left
into

6

Virabhadrasana 2
bend the torso
forward into



7

Right
Parsvakonasana
rotate the torso
into

8

Right Parivrtta
Parsvakonasana
walk the left hand
forward into

9

Parivrtta Ardha
Chandrasana
reach back and
ground the left
leg into

10

Parivrtta
Trikonasana
press the hands
together behind
the back and
move into

11

Right
Parsvottanasana
turn the torso
around to the left
and move into

12

Prasarita
Padottanasana
continue turning
the torso to the
left and move
into

Left Trikonasana

(and then repeat
the sequence on
the left from 3
above)