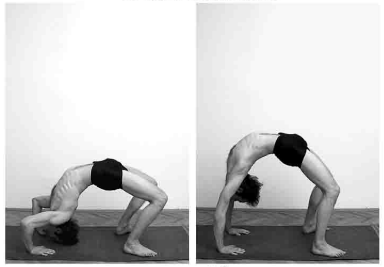
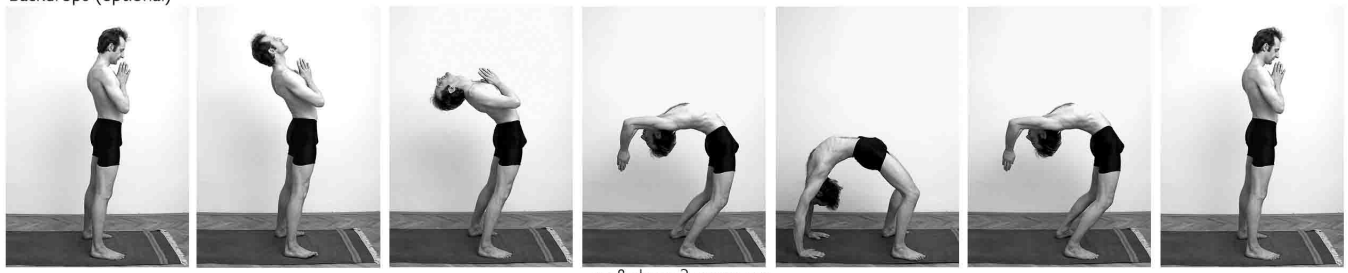
Urdhva Danurasana



CHAKRASANA

---------- repeat 3 x ----------

Backdrops (optional)



---------- up & down 3 x or more ----------

FINISHING ASANAS

Paschimottanasana

10 breaths

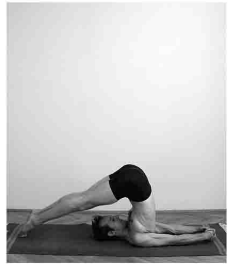
VINYASAS

5 breaths

Salamba Sarvangasana

25 breaths

Halasana



10 breaths

Karna Pidasana

10 breaths

Urdhva Padmasana

10 breaths

Pindasana

10 breaths

Matsyasana

10 breaths

Uttana Padasana

10 breaths

CHAKRASANA

Sirsasana

25 breaths

10 breaths

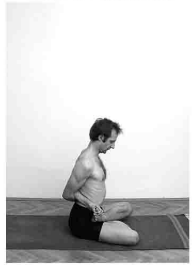
lift (optional)

10 breaths

10 breaths

VINYASAS

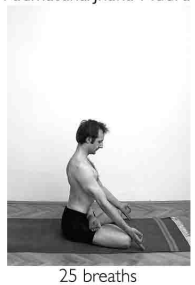
Baddha Padmasana



Yoga Mudra

10 breaths

Padmasana/Jnana Mudra



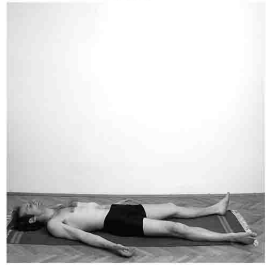
25 breaths

Uth Pluthih

25 breaths

VINYASAS

Savasana



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PURE YOGA - ASHTANGA YOGA VIENNA