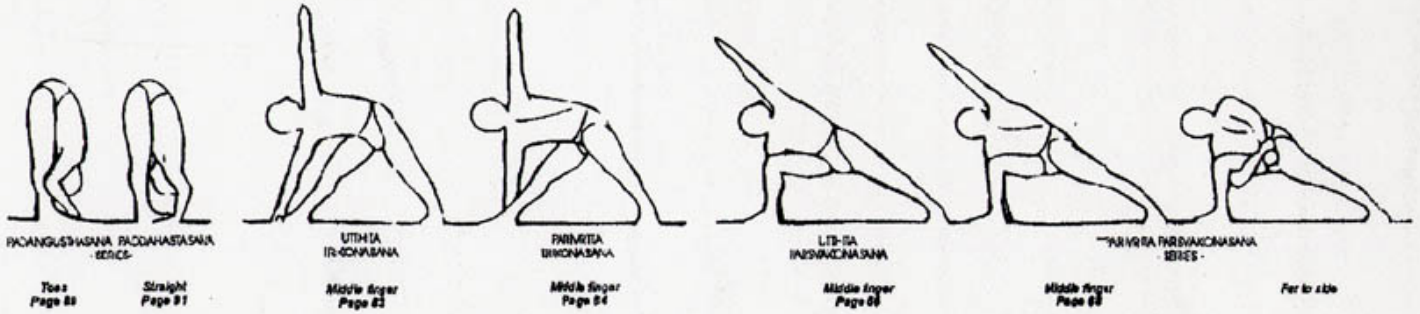
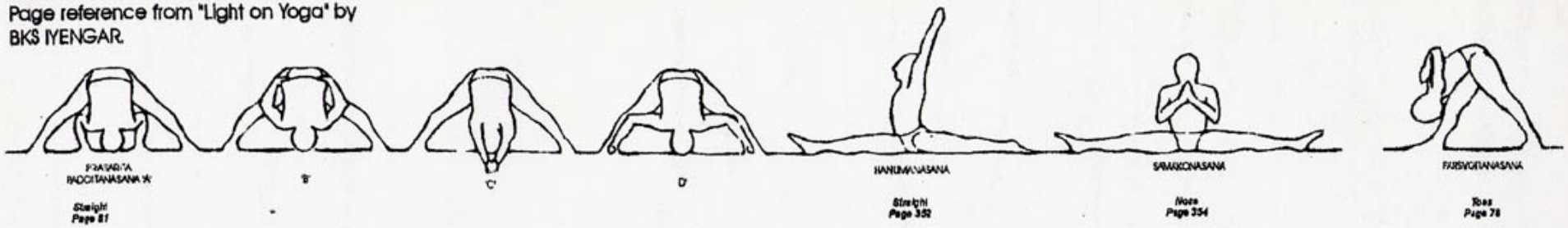
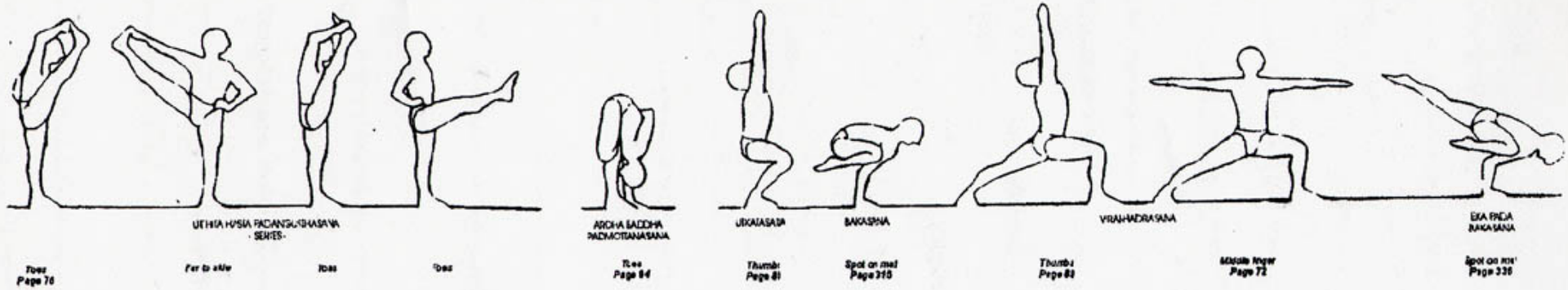
ASHTANGA VINYASA YOGA

STANDING ASANAS

Start from Tadasana (Samasthiti) and return to Tadasana between each complete asana or series

CONCENTRATE ON:
Mula Banda (anal lock)
Uddiyanna Banda (lower abdom lock)
Ujjaya Breathing 8 counts

Where leg/s are straight, draw up on knee caps and thighs.
Strong supporting leg, balancing between ball and heel of foot.
Page reference from "Light on Yoga" by BKS IYENGAR.