

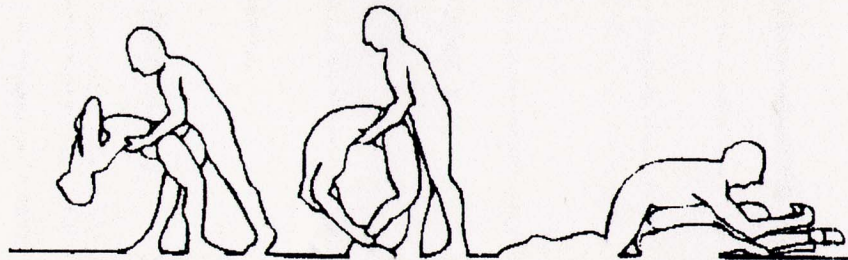
Half vinyasa between each complete series.



URDHVA DHANURASANA SERIES
Up for 5 breaths, down to head, rest for 3 breaths, repeat 3 times
3rd eye
Page 367

From Tadasana to Urdhva Dhanurasana x 3
From Urdhva Dhanurasana to Tadasana x 3
3rd eye
Page 369

VIPARITA CHAKRASANA
Very advanced sequence which requires many hours of practice
Known as 'tic tac'
Page 361



Warm up
Exhale down, inhale up, repeat x 5 then on next exhale work towards Chakra Bandhasana

CHAKRA BANDHASANA
Very advanced asana
Needs assistance by teacher
3rd eye
Page 379

PASCHIMOTTANASANA
15 - 20 breaths
Toes
Page 166



SAVASANA 5 breaths



SALAMBA SARVANGASANA SERIES
25 breaths
Naval
Page 286

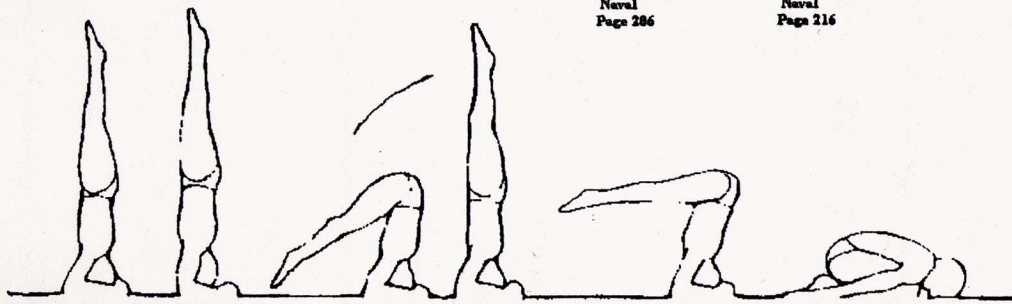
HALASANA
10 breaths
Naval
Page 216

KARNAPIDANASANA
10 breaths
Naval
Page 22

PADMASANA / PINDASANA
in SAVANGASANA
10 breaths
Naval
Page 231, 234

MATSYASANA
10 breaths
3rd eye
Page 138

UTIANA PADASANA
10 breaths
3rd eye
Page 248

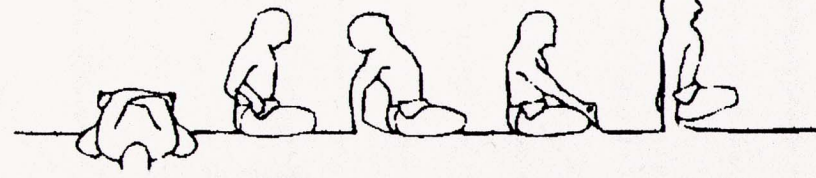


SALAMBA SIRASANA SERIES
25 breaths
Raise and hold 10 breaths
Straight
Page 179

Up and down 5 times

URDHVA DANDASANA
5 breaths
Page 184

DARIKASANA
10 breaths



YOGA MUDRASANA
10 breaths
3rd eye
Page 142

BAHHA PADMASANA
10 breaths
Nose

10 breaths
3rd eye

PADMASANA
25 long, slow breaths
Nose
Page 129

TOLASANA
25 breaths
Straight
Page 134



SAVASANA - Eyes open, 3rd eye, whole body completely stiff.
Take 1 deep inhalation, 1 long exhalation, then slow rhythmical breathing for 10 breaths, release stiffness. Take 1 deep inhalation, 1 long exhalation, close eyes and totally relax