Finishing Series

(Prepare) Urdhva Dhanurasana 3 times, 5 breaths each

Optional drop backs and for Intermediate Series (repeat 3 times)

Urdhva Dhanurasana (Up) Inhalation (Inhale) Samasthiti (stand up) Exhalation (Exhale) Urdhva Dhanurasana

Paschimottanasana (8 breaths)

Salamba Sarvangasana (10 breaths)

Halasana (8 breaths)

Karnapidasana (8 breaths)

Urdhva Padmasana (8 breaths)

Pindasana (8 breaths)

Matsyasana (8 breaths)

Uttana Padasana (8 breaths)

Sirsasana A (25 breaths)

Sirsasana B (10 breaths)

Child's Pose (2 minutes)

Baddha Padmasana (1 breath)

Yoga Mudra (10 breaths)

Padmasana (10 deep breaths)

Utpluthih (25 breaths- lift up)

Savasana (5 minutes- take rest)