

Finishing Series

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



(Prepare)



Urdhva Dhanurasana
3 times, 5 breaths each



Urdhva Dhanurasana



Inhale
(Up)



Samasthiti
(stand up)



Exhale
(drop back)



Urdhva Dhanurasana



Paschimottasana
(8 breaths)



(Prepare)



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)