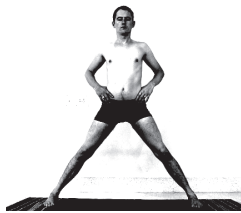


ASHTANGA VINYASA YOGA

Prasarita Padottanasana A,B,C,D – Vinyasa Count



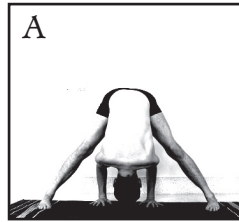
1 IN jump right, hands to waist



2 EX hands to the ground



IN look up



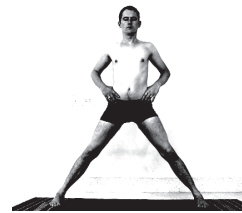
3 EX head to ground, 5 Breaths



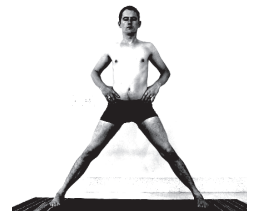
IN head up



4 EX hand to waist



5 IN come up



EX



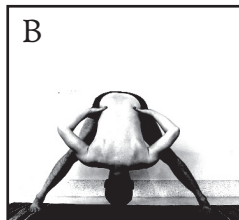
1 IN spread arms



2 EX hands to waist



IN look up



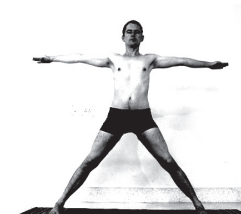
3 EX head to ground, 5 Breaths



4 IN come up



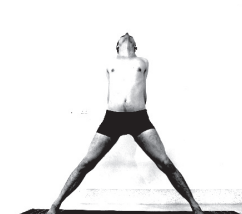
EX



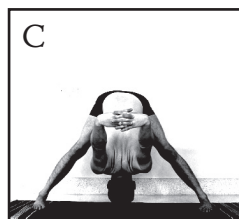
1 IN Arme öffnen



2 EX hands behind back



IN look up



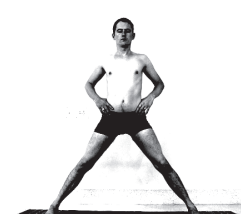
3 EX head to ground, 5 Breaths



4 IN come up



EX



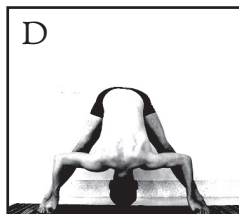
1 IN hands to waist



2 EX take big toes



IN look up



3 EX head to ground, 5 Breaths



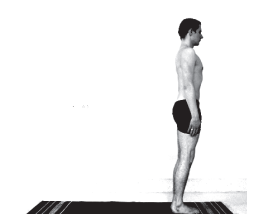
4 IN head up



EX hands to waist



5 IN come up



EX Samasthiti

