

PRATIQUE PERSONNELLE - 5



1 Tāḍāsana/Samasthiti to Ūrdhva Hastāsana
2 x



2 Uttitha Trikoṅāsana
2 x



3 Uttitha Pāśvakoṅāsana
2 x each side



4 Ardha Candrāsana
2 x



5 Vimānāsana
2 x each side



6 Parivṛtta Trikoṅāsana
2 x



7 Parivṛtta Pāśvakoṅāsana
2 x



8 Uttānāsana
1 x



9 Prasārita Pādottānāsana
1 x



10 Sālamba Śīrṣāsana
1-5 minutes



11 Adho Mukha Vīrāsana
(rest for 15 seconds)



12 Čatuṣpādāsana
3 x



13 Sālamba Sarvāṅgāsana
3-8 minutes



14 Eka Pāda Sarvāṅgāsana
2 x



15 Pāśva Halāsana
2 x



16 Śavāsana
5-10 minutes