

# BACK BENDING ĀSANA & VINYĀSA



Inhale + 5 Breaths  
**Urdhva Dhanurāsana**  
Dṛiṣṭi: Nose (for all the following)

Exhale

Inhale + 5 Breaths

Exhale

Inhale + 5 Breaths + Exhale

Inhale

Inhale

Inhale



Inhale  
**Drop Back x5 (Primary level)**

Exhale

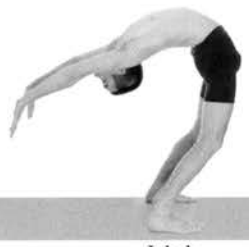
Exhale

Exhale

Inhale

Inhale

Inhale...



...Exhale  
**Handstand drop-over x5 (Intermediate level)**

Inhale

Inhale  
(+ 5 Breaths first time only)  
**Vṛkṣāsana**

Exhale

Exhale

Inhale

Inhale

Inhale...





..Exhale  
**Viparita Chakrasana x 5 (Advanced level)**  
 Inhale Inhale Exhale Exhale Inhale Inhale Exhale Exhale Inhale Exhale...



..Exhale  
**Final Drop-over**  
 Inhale Inhale Exhale + 5 Breaths + Inhale Exhale Inhale Inhale Inhale

**Vyshikāsana B**



Inhale  
**Final Back Bending (all)**  
 Exhale + 5 Breaths  
**Setu Bandhasana**  
 Inhale  
 Up & down x5  
 Exhale  
 Exhale + 5 Breaths  
**Chakra Bandhasana**  
 Exhale + 10 Breaths  
**Paśchimottānāsana**

# FINISHING SEQUENCE ĀSANA & VINYĀSA



Inhale

Exhale (4)

Inhale (5)

Exhale (6)

Inhale (7)

Exhale + 10 Breaths



Inhale + 25 Breaths (8)  
Navel  
**Sālamba Sarvāṅgāsana**

Exhale + 10 Breaths + Inhale (8)  
Navel  
**Halāsana**

Exhale + 10 Breaths (8)  
Navel  
**Karṇa Piḍāsana**

Inhale + 10 Breaths (8)  
Navel  
**Ūrdhva Padmāsana**

Exhale + 10 Breaths + In. (8)  
Navel  
**Piṅḍāsana**

Exhale + 10 Breaths + In. (8)  
Nose  
**Matsyāsana**

Exhale + 10 Breaths (8)  
Nose  
**Uttāna Pādāsana**



Inhale  
**Chakrāsana**

Exhale (9)

Inhale (10)

Exhale (11/6)

Inhale (7)

Exhale





Inhale + 25 Breaths (8)  
Nose  
**Śīrṣāsana**



Exhale + 10 Breaths (9)  
Nose  
**Ūrdhva Daṇḍāsana A**



Inhale  
Up & down x5



Exhale



Exhale + 10 Breaths  
Eyes closed  
**Balāsana**



Inhale



Exhale (4)



Inhale (5)



Exhale (6)



Inhale (7)



Exhale + 10 Breaths (8)  
Nose  
**Baddha Padmāsana**



Exhale + 10 Breaths (9)  
3rd Eye  
**Yoga Mudrā**



Exhale + 25 Breaths (10)  
Nose  
**Padmāsana/Jñāna Mudrā**



Inhale + 25 Breaths (11)  
Nose  
**Utpluthiḥ**



Exhale (12)



Inhale (13)



Exhale (14)  
(do full vinyāsa for the mangala mantra)



Inhale



Take rest