

S	1 Step back with the right foot Spread the arms	2 Grab the right big toe Keep the pelvis parallel to the long side of the mat. Spread the left arm aligned with the shoulder	Utthita Trikonasana	Gaze shift Hold the Position	3 Come up Put the feet parallel to each-other . Spread the arms	4 Grab the left Big toe	Utthita Trikonasana Left side	Gaze shift Hold the Position	5 Come up Put the feet parallel to each-other . Spread the arms	S
	1 Step back with the right foot Spread the arms	2 Turn facing the back Keep the pelvis parallel to the short side of the mat. Twist the upper body. Put the left Hand on the floor next to the Right foot. Spread the Right arm aligned with the shoulder	Paravritta Trikonasana	Gaze shift. Bring the upper Body parallel to the floor	3 Come up Turn to the middle. Put the feet parallel to each-other . Spread the arms	4 Prepare the position to the other side	Paravritta Trikonasana Left side	Gaze shift. Bring the upper Body parallel to the floor	5 Come up Turn to the middle. Put the feet parallel to each-other . Spread the arms	S
	1 Step back with the right foot Spread the arms	2 Bend the right leg. Align the knee with the ankle. Keep the pelvis parallel to the long side of the mat. Bend to the right. Put the right arm on the floor next to the right foot. Spread the left Arm aligned with the shoulder	Utthita Parshvakonasana	Gaze Shift Hold the position	3 Come up. Put the feet parallel To each other. Spread the arms	4 Prepare the position to the other side	Utthita Parshva-konasana Left side	Gaze shift Hold the Position	5 Come up Put the feet parallel to each-other . Spread the arms	S
	1 Step back with the right foot Spread the arms	2 Turn facing the back Keep the pelvis parallel to the short side of the mat. Bring the upper body parallel to the floor and twist it. Lock the left shoulder against the left knee. Put the Left Hand on the floor Next o the Right foot. Rise the Right arm above the head aligned with the left leg.	Paravritta Parshvakonasana	Gaze shift. Bring the upper Body parallel to the floor	3 Come up Turn to the middle. Put the feet parallel to each-other . Spread the arms	4 Prepare the position to the other side	Paravritta Parshva-konasana Left side	Gaze shift. Bring the upper Body parallel to the floor	5 Come up Turn to the middle. Put the feet parallel to each-other . Spread the arms	S

PRASARITA PADOTTANANA A - B - C - D : 5 VINYASA EACH

S	1 Step back with the right foot. Keep the pelvis facing the long side of the mat. Spread the arms. Bring the feet Parallel to each other	2 Palms on the waist	Lift the chest up	Palms on the floor	Stretch the spine Stretch the arms Head up	3 Prasarita Padottanasana A Pull the head towards The floor on the level of the feet. Keep the elbows parallel to each other	4 Stretch the spine Stretch the arms. Head up	Hold the position	5 Come up. Hands on the waist	S
	5 Spread the arms	Hold the position	Come up	4 Prasarita Padottanasana B Pull the shoulder blades together. Hold the elbows parallel to each other. Keep the feet Paralle.l	3 Chest up	2 Hands on the waist	1 Step with the right foot Back Spread the arms			

S	1	2		3	4		5	S
	Step back with the right foot. Bring the feet parallel to each other Spread the arms.	Tie the hands together on the back.	Chest up Pull the shoulder blades together	Prasarita Padottanasana C Bend forward.	Come Up	Hold the position	Spread the arms	
S	5		4	3		2	1	
	Come up Hands on the waist	Hold the position	Stretch the spine Stretch the arms. Head up	Prasarita Padottanasana D Pull the upper body towards the legs. Keep the neck long Pull the shoulder blades down	Stretch the spine Stretch the arms. Head up	Bend forward Grab the big toes	Step back with the right foot. Feet parallel to each Other Hands on the waist	

PARSHVOTTANASANA : 5 VINYASA

S						S
	Step with the right foot and turn to the back. Keep the pelvis parallel to the short side of the mat. Place the hands in Namaste position on the back	Parshvottanasana Bend forward. Press the back heel on the floor. Press the palms together. Keep the pelvis parallel to the floor	Come up. Turn to the other side	Parshvottanasana Left side	Come Up. Turn to your right To face the long Side of the mat	

UTTHITA HASTA PADANGUSHTHASANA / UTTHITA PARSVASAHITA : 14 VINYASA

S	1	2	3	4	5	6	7	S
	Lift the right leg. Grab the right big toe. Put the other hand on the waist.	Utthita Hasta Padangushthasana A Head to the right knee	Come up	Utthita Parvasahita Shift the leg sideways. Keep the tailbone in its neutral position and the sides of the body equally long. Turn the head above the left shoulder	Shift the leg back to the frontj	Head to the knee	Utthita Hasta Padangushthasana B Come up. Put both hands on the waist	
S	14	13	12	11	10	9	8	
	Come up. Put both hands on the waist	Utthita Hasta Padangushthasana B Head to the left knee	Shift the leg back to the front.	Utthita Parvasahita Shift the leg sideways. Keep the tailbone in its neutral position and the sides of the body equally long. Turn the head above the right shoulder	Come up	Utthita Hasta Padangushthasana A Head to the left knee	Lift the left leg. Grab the left big toe. Put the other hand on the waist.	

Ardha Baddha Padmottanasana : 9 Vinyasa

