









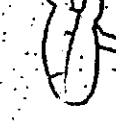
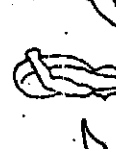






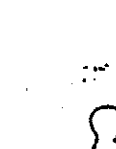
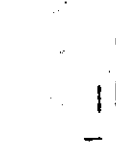

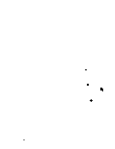

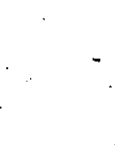
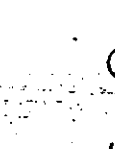
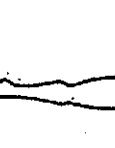


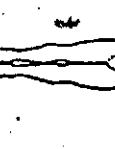
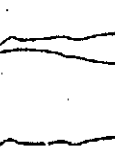


ASTANGA VINYASA YOGA

INTERMEDIATE SERIES

After the Warrior Sequence return to Tadasana and Start Intermediate series. Do FULL VINYASA between each asana and do HALF VINYASA between each side of asana. Hold each asana for 8 breaths.

									
LAGHU VAJRASANA 3rd eye Pg. 312	KAPOTASANA 3rd eye Pg. 307	SUPTA VAJRASANA 3rd eye Pg. 148	BAKASANA one count Pg. 315	ARDHA MATSYENDRASANA For its side Pg. 258	EKA PADA SIRSASANA 'A' Nose Pg. 292	CHAKRASANA One count Pg. 298	DHANURASANA 3rd eye Pg. 101	PARSVA DHANURASANA 3rd eye Pg. 102	USHTRASANA 3rd eye Pg. 57
									
TITIBHASANA 'A' 3rd eye Pg. 308	TITIBHASANA 'B' ...and walk forward/back 5 steps	TITIBHASANA 'C'	BAKASANA one count Pg. 315	PRINCHA MAYURASANA Spot on mat Pg. 285	KARNADA VASANA Spot on mat	VRSCHRASANA 3rd eye Pg. 306	MAYURASANA 3rd eye Pg. 302	NAKRASANA Spot on mat Pg. 106	YOGANDRASANA 3rd eye Pg. 301
									
VATAYANASANA Spot on mat Pg. 98	PARGHASANA For its side	GOMUKHASANA Shopy Pg. 114	SUPTA URDHVA PADA VAJRASANA Novel For its side	HASTA SIRSASANA Shopy Pg. 191	SALAMBA SIRSASANA 'A'	SALAMBA SIRSASANA 'B'	SALAMBA SIRSASANA 'C'	SALAMBA SIRSASANA 'D'	SALAMBA SIRSASANA 'E'