STANDING ASANAS 2/2

Samasthitih

inhale

Uttanasana

exhale

inhale

Chaturanga Dandasana

exhale

Urdhva Mukha Svanasana

inhale

Adho Mukha Svanasana

exhale

Utkatasana

inhale + 5 breaths

Chaturanga Dandasana

exhale

Urdhva Mukha Svanasana

inhale

Adho Mukha Svanasana

exhale

Virabradasana A

inhale + 5 breaths

inhale + 5 breaths

Virabradasana B

exhale + 5 breaths

exhale + 5 breaths

Chaturanga Dandasana

exhale

Urdhva Mukha Svanasana

inhale

Adho Mukha Svanasana

exhale

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