

yogita yoga - Vinyasa Krama Immersion Sequence

				
Sukhashanti Surya Namaskar	Urdhva Hastasana		Uttanasana	
				
Anjaneyasana	Anjaneyasana	Utthan Pristhasana	Parivrtta Parsvakonasana prep.	Utthita Parsvakonasana prep.
				
Anjaneyasana	Anjaneyasana	Utthan Pristhasana	Parivrtta Parsvakonasana prep.	Utthita Parsvakonasana prep.
				
		Uttanasana	Urdhva Hastasana	Ardha Uttanasana







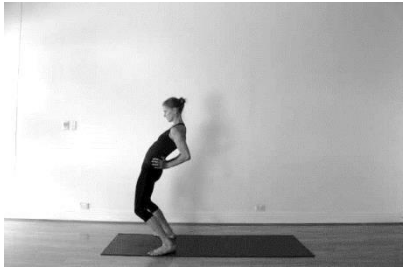
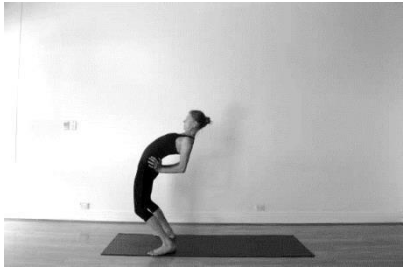










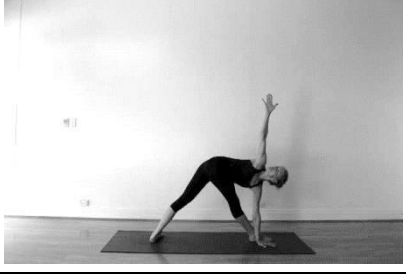

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Plank - High Chaturanga	Vasisthasana right		Vasisthasana left	
				
Chaturanga		Astangasana	Salabhasana - prep.	Salabhasana - prep.
				
Bhujangasana - prep.	Bhujangasana	Urdhva Mukha Svanasana		Adho Mukha Svanasana - prep.
				
Adho Mukha Svanasana	Ardha Uttanasana	Uttanasana	Slowly rolling up to count of 10	Urdhva Hastasana



yogita yoga - Vinyasa Krama Immersion Sequence

				
Surya Namaskar A x 5	Uttanasana	Ardha Uttanasana	Plank - High Chaturanga	Chaturanga
				
Urdhva Mukha Svanasana	Adho Mukha Svanasana	Ardha Uttanasana	Uttanasana	Urdhva Hastasana
				
Surya Namaskar B x 3	Utkatasana	Utkatasana	Uttanasana	Ardha Uttanasana
				
Plank - High Chaturanga	Chaturanga	Urdhva Mukha Svanasana	Adho Mukha Svanasana	Virabhadrasana A right


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Chaturanga	Virabhadrasana A left	Ardha Uttanasana	Uttanasana	Utkatasana
				
Ardha Chakrasana - Sukhashanti style				
				
		Uttanasana - Sukhashanti style		
				
Samasthiti	Virabhadrasana B	Trikonasana	Parivrtta Trikonasana	Prasarita Padottanasana A


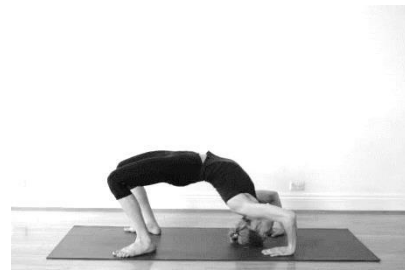











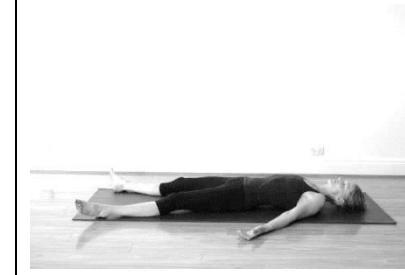
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	Prasarita Padottanasana C prep.	Prasarita Padottanasana C	Samasthiti	Virabhadrasana B
				
Trikonasana	Parivrtta Trikonasana	Prasarita Padottanasana A	Prasarita Padottanasana C prep	Prasarita Padottanasana C
				
Digasana B - right	Digasana B - left	Urdhva Hastasana	Uttanasana	Chaturanga
				
Adho Mukha Svanasana	Dandasana	Urdhva Hasta Dandasana	Paschimottanasana	Paschimottanasana A - prep.

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Paschimottanasana A		Paschimottanasana C		Plank - High Chaturanga
				
Chaturanga	Urdhva Mukha Svanasana	Adho Mukha Svanasana	Purvottanasana - prep.	Purvottanasana
				
	Plank - High Chaturanga	Chaturanga	Urdhva Mukha Svanasana	Adho Mukha Svanasana
				
Vajrasana	Supta Vajrasana - prep.	Supta Vajrasana - prep.	Supta Vajrasana - modified	

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Setu Bandhasana	Urdhva Dhanurasana - prep.	Urdhva Dhanurasana x 3	Paschimottanasana	Salamba Sarvangasana
				
Halasana			Rolling on back	
				
Sirsasana - prep.	Sirsasana	Sirsasana B	Balasana	Savasana

Please Note:

- This guide includes the key foundation postures in the Yogita Yoga - Vinyasa Krama Immersion Sequence, not every 'transition' vinyasa is shown.
- Where applicable when transitioning between postures, do the appropriate half or full sun salutation vinyasa into the next posture.