
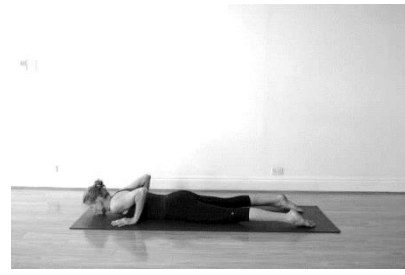


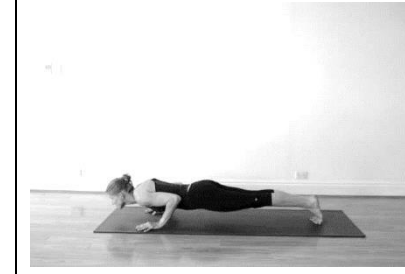


yogita yoga Vinyasa Krama Foundation - Self Practice Sequence

				
Sukhashanti Warm-Up Sequence	Urdhva Hastasana		Uttanasana	
				
Banarasana - right	Anjaneyasana - right	Triang Mukhaikapada prep.	Utthan Pristhasana	Banarasana - left
				
Anjaneyasana - left	Triang Mukhaikapada prep.	Utthan Pristhasana		
				
Uttanasana	Urdhva Hastasana	Ardha Uttanasana	Chaturanga	

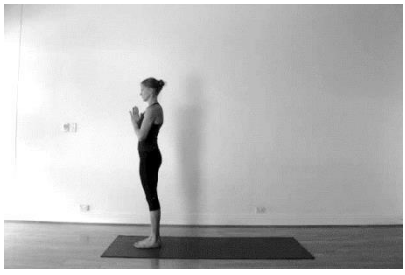
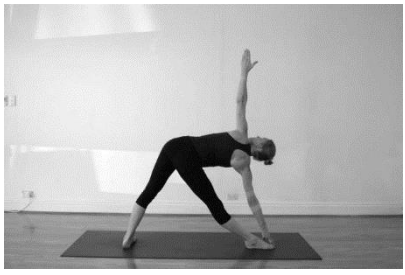
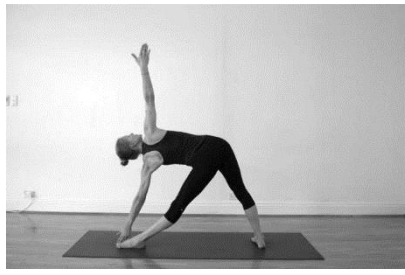
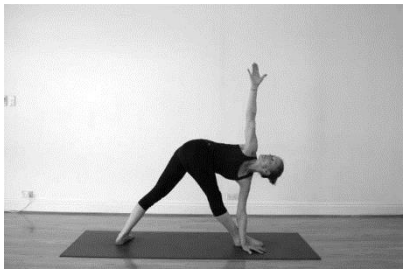
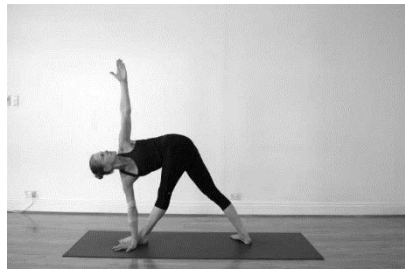
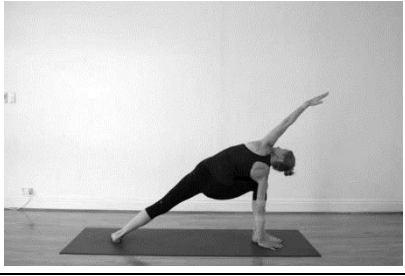
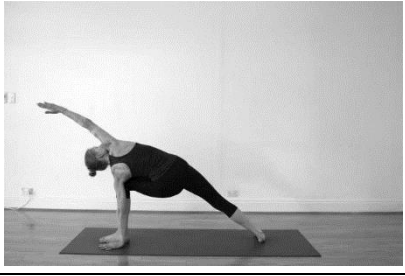
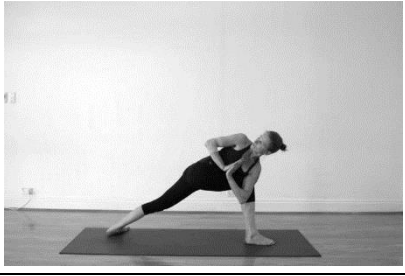
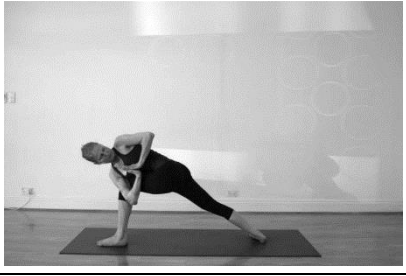
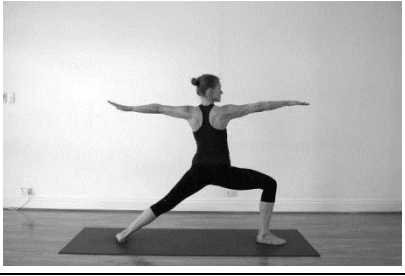
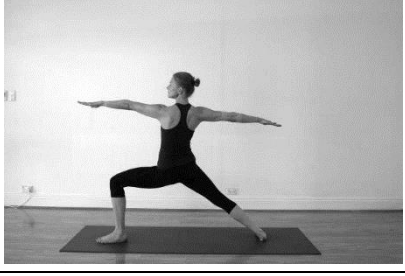





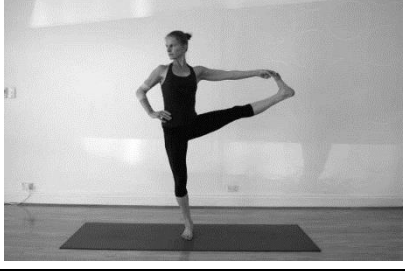

yogita yoga Vinyasa Krama Foundation - Self Practice Sequence

				
Astangasana	Salabhasana - prep.	Salabhasana - prep.	Bhujangasana - prep.	Bhujangasana - prep.
				
Bhujangasana		Adho Mukha Svanasana - prep.	Adho Mukha Svanasana	Ardha Uttanasana
				
Uttanasana	Slowly rolling up to count of 10	Urdhva Hastasana		
				
Surya Namaskar A x 5	Uttanasana	Ardha Uttanasana	Plank - High Chaturanga	Chaturanga





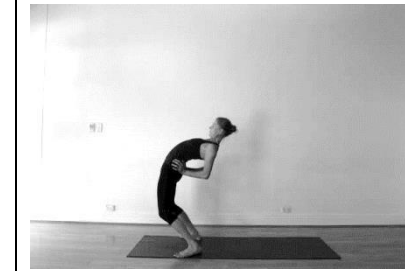
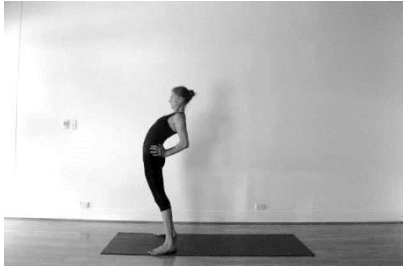









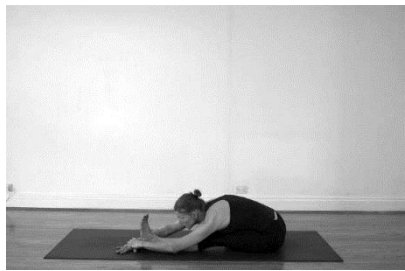
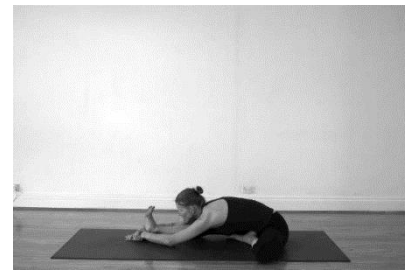
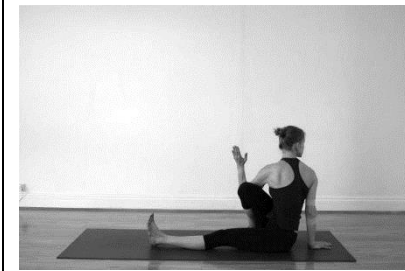
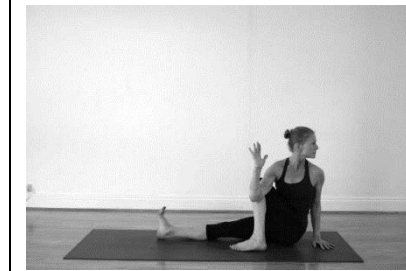
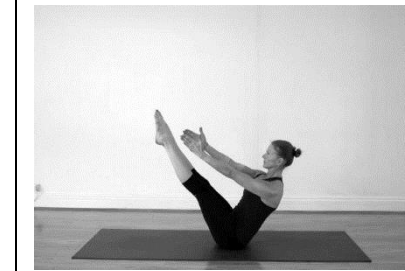
yogita yoga Vinyasa Krama Foundation - Self Practice Sequence

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

yogita yoga Vinyasa Krama Foundation - Self Practice Sequence

				
Standing Sequence - Samasthiti	Trikonasana - right	Trikonasana - left	Parivrtta Trikonasana - right	Parivrtta Trikonasana - left
				
Utthita Parsvakonasana - right	Utthita Parsvakonasana - left	Parivrtta Parsvakonasana prep	Parivrtta Parsvakonasana prep. L	Virabhadrasana B - right
				
Virabhadrasana B - left	Prasarita Padottanasana A prep.	Prasarita Padottanasana A	Prasarita Padottanasana C prep.	Prasarita Padottanasana C
				
Hasta Padangusthasana A - R & L	Hasta Padangusthasana B - R & L	Hasta Padangusthasana C - R & L		

yogita yoga Vinyasa Krama Foundation - Self Practice Sequence

				
Ardha Chakrasana - Sukhashanti style				
				
Uttanasana - Sukhashanti style				
				
Seated Sequence - Dandasana	Urdhva Hasta Dandasana	Paschimottasana A	Paschimottasana D	Purvottasana
				
Janu Sirsasana A - right	Janu Sirsasana A - left	Marichyasana C prep. - right	Marichyasana C prep. - left	Navasana x 3

yogita yoga Vinyasa Krama Foundation - Self Practice Sequence

				
Backbends Sequence - Ustrasana	Supta Vajrasana - prep.	Supta Vajrasana - prep.	Supta Vajrasana - modified	
				
Setu Bandhasana	Urdhva Dhanurasana - prep.	Urdhva Dhanurasana x 3	Paschimottasana	
				
Salamba Sarvangasana	Halasana	Karnapidasana		Rolling on back
				
Sirsasana - prep.	Sirsasana	Urdhva Dandasana	Balāsana	Savasana

yogita yoga Vinyasa Krama Foundation - Self Practice Sequence

Please Note:

- This guide includes the key postures in the Yogita Yoga Vinyasa Krama Foundation - Self Practice Sequences, not every 'transition' vinyasa is shown.
- Where applicable when transitioning between postures, do the appropriate half or full vinyasa into the next posture.
- As you progress through these foundation sequences, additional or modified asana may be given by your teacher.