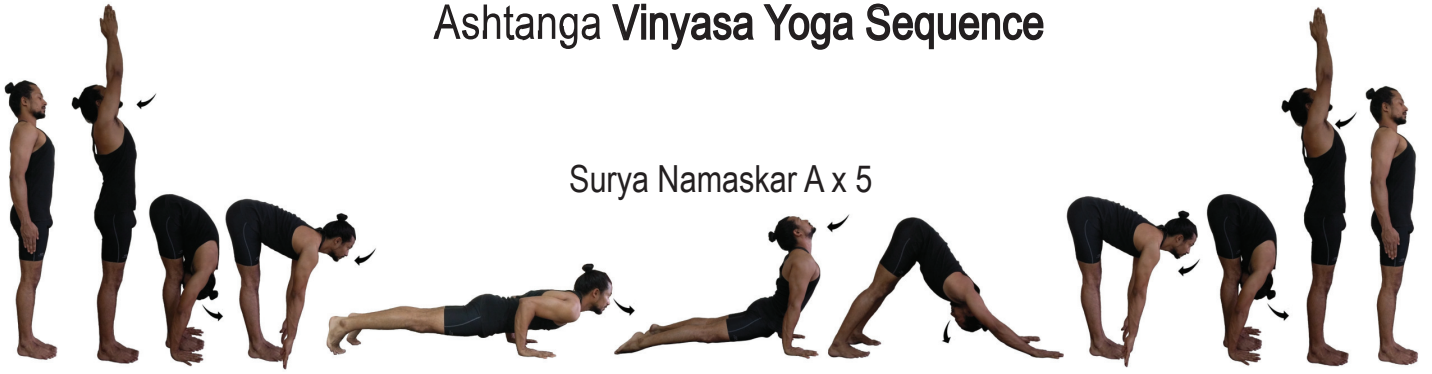
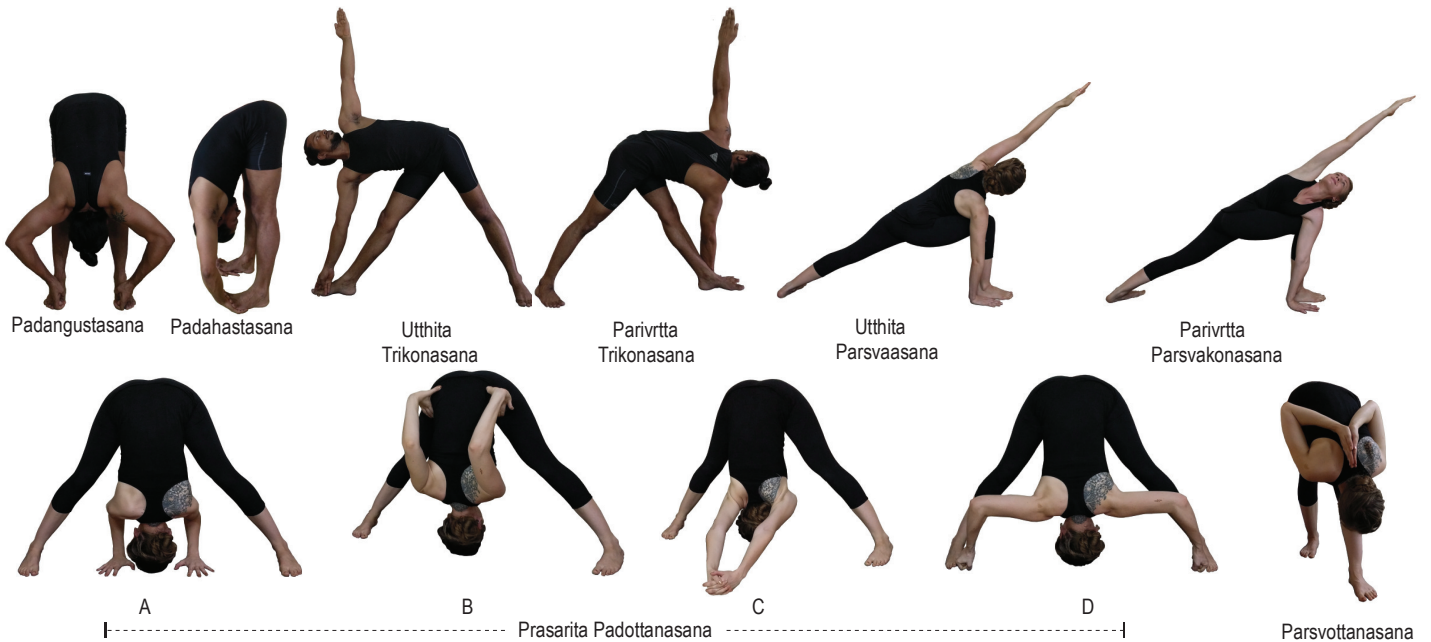


Ashtanga Vinyasa Yoga Sequence



Standing Asana



Primary Series

☞ = Chakrasana Vinyasa
∞ = Jump Back Vinyasa



Finishing Asana

