

YOGA BALANCING SEQUENCE



9) Gomukhāsana (PK) (Cow's Face)



10) Bharadvājāsana (PK) (Seated Twist)



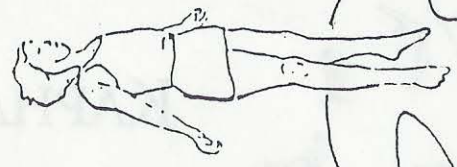
11) Simhāsana (VPK) (Lion)



12) Jaṭhara Parivartanāsana (Stomach Rolling)



13) Halāsana (VPK) (Plow)



18) Śavāsana (Corpse)



17) Meditation seated in Vajrāsana (VK) (Thunderbolt)
Empty Bowl Meditation recommended

16) Bhastrika Pranayama (Bellows Breath) or Right Nostril Breathing (12 times)

15) Short Rest



14) Matsyāsana (P) (Fish)