

VATA BALANCING SEQUENCE

1) Pāvanamuktāsana (Wind-Releasing)



2) Sukhāsana (Easy)



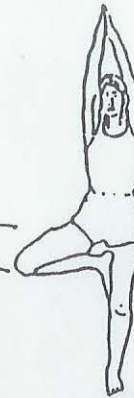
3) Sūrya Namaskāra (VK) (Sun Salutation)

4) Cool-down Walk

5) Uttānāsana (Standing Forward Bend)

- 1) Pāvanamuktāsana (Wind-Releasing)
- 2) Sukhāsana (Easy)
- 3) Sūrya Namaskāra (VK) (Sun Salutation)
- 4) Cool-down Walk
- 5) Uttānāsana (Standing Forward Bend)
- 6) Vṛkṣāsana (VK) (Tree)
- 7) Utthita Trikoṇāsana (Extended Triangle)
- 8) Vidalāsana (VPK) (Cat-cow)
- 9) Vajrāsana (VK) (Thunderbolt)
- 10) Supta Vajrāsana (Knee-to-Chest)
- 11) Supta Pādāṅguṣṭhāsana (VP) (Reclining Hand-to-Toe)
- 12) Bhujāṅgāsana (VP) (Cobra)
- 13) Shashank Mudra (VPK) (Rabbit)
- 14) Viparīta Karaṇi (VPK) (Inverted)
- 15) Yoga Mudrā (VPK) (Yogic Seal)
- 16) Short Rest
- 17) Nadi Shodhana Pranayama (Alternate Nostril) (10 rounds)
- 18) Meditation seated in Siddhāsana (Accomplished)
So-Hum Meditation w/Psychic Breathing recommended
- 19) Śavāsana (Corpse)

6) Vṛkṣāsana (VK) (Tree)



7) Utthita Trikoṇāsana (Extended Triangle)



8) Vidalāsana (VPK) (Cat-cow)



9) Vajrāsana (VK) (Thunderbolt)

