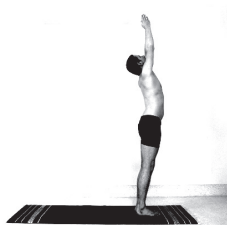
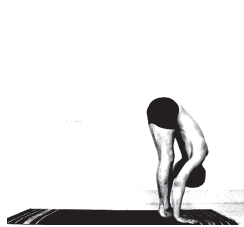


# ASHTANGA VINYASA YOGA

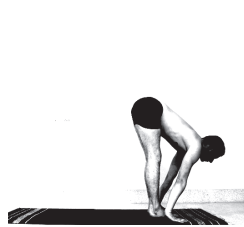
## Warrior Sequence – Vinyasa Count



1 IN Urdhva Hastasana



2 EX Uttanasana



3 IN Uttanasana B



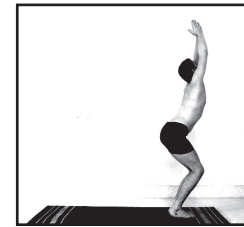
4 EX Chaturanga Dandasana



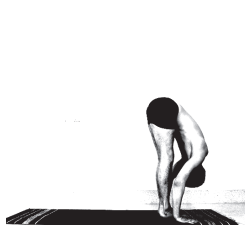
5 IN Urdhva Mukha Shvanasana



6 EX Adho Mukha Shvanasana



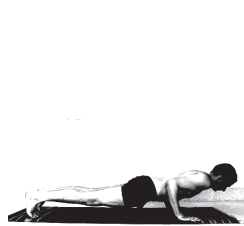
7 IN Utkatasana 5 Breaths



EX



8 IN jump up



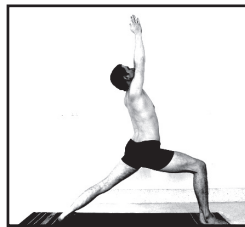
9 EX Chaturanga Dandasana



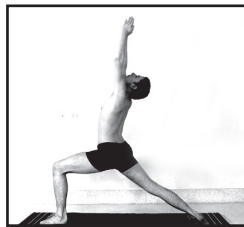
10 IN Urdhva Mukha Shvanasana



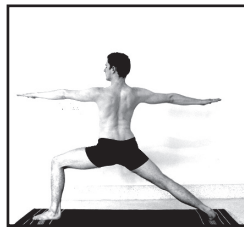
11 EX Adho Mukha Shvanasana



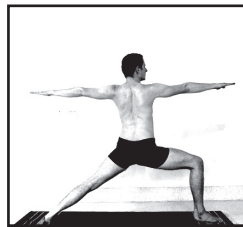
7 IN Virabhadrasana A 5 Breaths



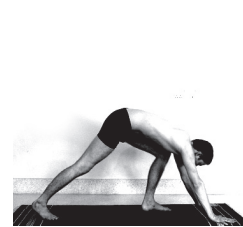
8 EX turn left 5 Breaths



9 IN Virabhadrasana B 5 Breaths



10 EX turn right 5 Breaths



EX



11 IN jump up



12 EX Chaturanga Dandasana



13 IN Urdhva Mukha Shvanasana



14 EX Adho Mukha Shvanasana



15 IN jump



EX land

