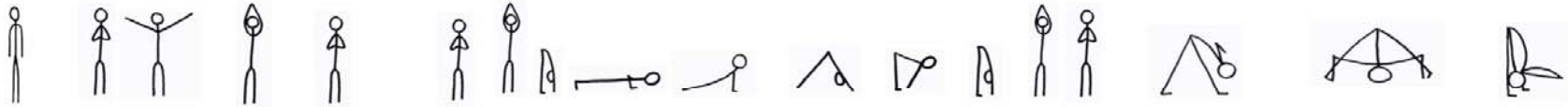


Holiday Yoga Sequence by Sarah



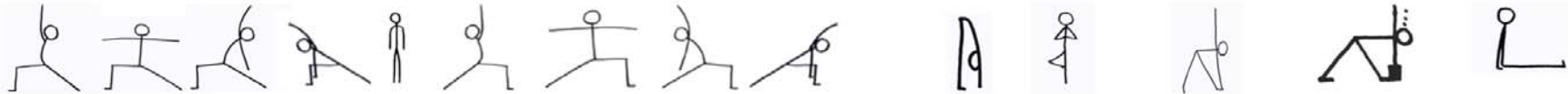
Inhale up exhale down x 5

Surya Namaskara A x 5 or more

Parsvottanasana
intense side stretch

Prasaritta
Padottanasana D

Prasaritta
Padottanasana C



Virabhadrasana I, Virabhadrasana II, Viparita Virabhadrasana & Utthita Parsvokonasana

Uttanasana

Vrksasana

Trikonasana

Parivritta
Trikonasana

Dandasana



Pashimott-
anasana

Pursvott-
anasana

Balasana flow
to

Urdhva
Mukha
Svanasana

Navasana

Marichy-
asana A

Navasana

Marichy-
asana C

Navasana

Baddha Konasana A & B

Balasana flow to

Urdhva Mukha
Svanasana



Bhujang-
asana



Salabh- asana



Dhanur-
asana



Balasana



Adho Mukha
Svanasana



Eka Pada Raja
Kapotasana



Adho Mukha
Svanasana



Eka Pada Raja
Kapotasana



Adho Mukha
Svanasana



Urdhva
Dhanur -
asana



Pashimott - anasana



Sarvangasana



Matsyasana



Pawanmuktasana



Ananda
Balasana



Savasana



Padmasana
Om

Aim to hold each posture for 5-10 full breaths, try to do the postures you find difficult first then the ones you love last or just follow the sequence as written.
Above all enjoy your yoga practice.

"Enjoy your holidays and practice when you can" Sarah
"99% Practice 1% theory" Pattabhi Jois
"Begin.....then continue" Buddha