

Full Vinyasa

wwra varsity girls

December 2017

version 3.2

Guiding themes

Body movement is the breath movement

Inhale from above, exhale from below

The breath envelopes the body movement

Vinyasa as a seamless progression

Standard sequence

Standing – Kneeling – Prone – Supine –

Inversion – Counterposes – Pranayama – Savasana

Primary guide

Mark Whitwell

as formed by T Krishnamacharya, TKV Desikachar

This particular vinyasa

Developed for wwra varsity girls by Paul Hoffman

Asanas chosen for this vinyasa

Tadasana – uttanasana – warrior prep – flank stretch
– stick – chair with twists

Triangle and revolved – warrior 2 – warrior 1 – side angle and
revolved – chaturanga – upward dog – downward dog

Downward dog – cow – cat – child – camel prep – crescent lunge –
lizard with twists – ashtangasana – cobra – locust

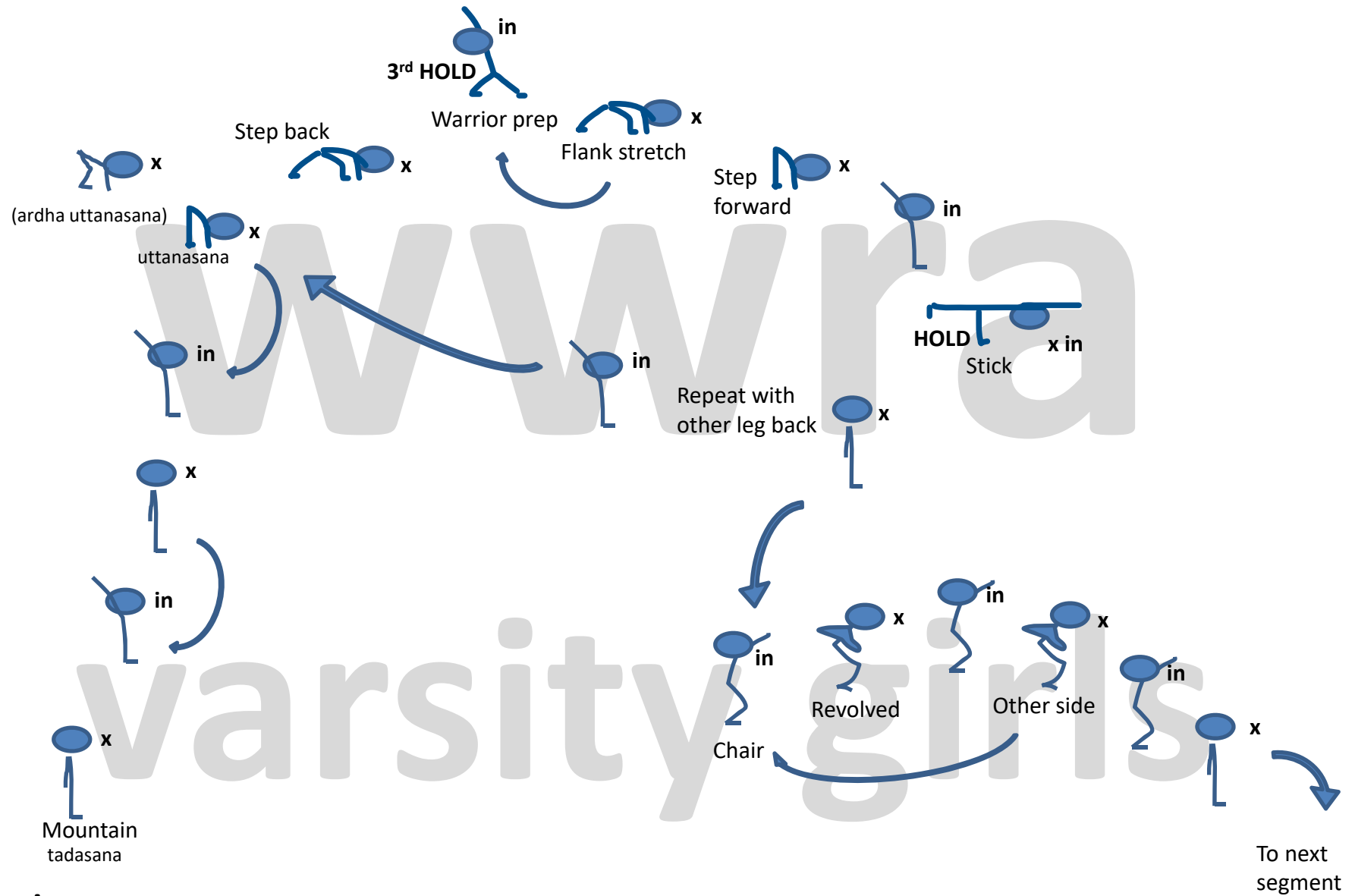
Apanasana – bellows breath – shoulder bridge
– dead bug – boat – supine twists

Inversion – counterpose – seated twist – forward fold

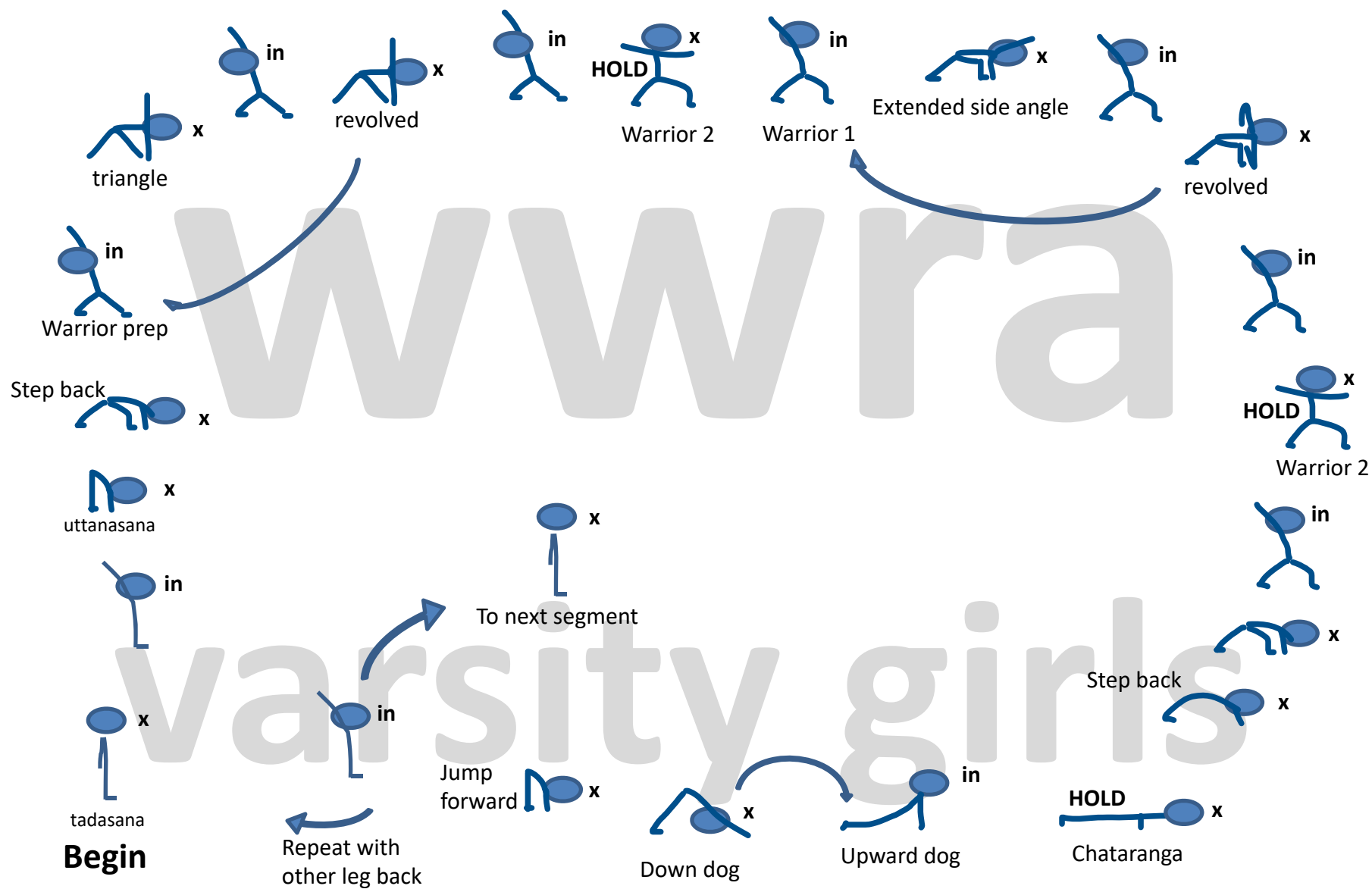
Pranayama

Savasana

1. Standing, with bends and twists



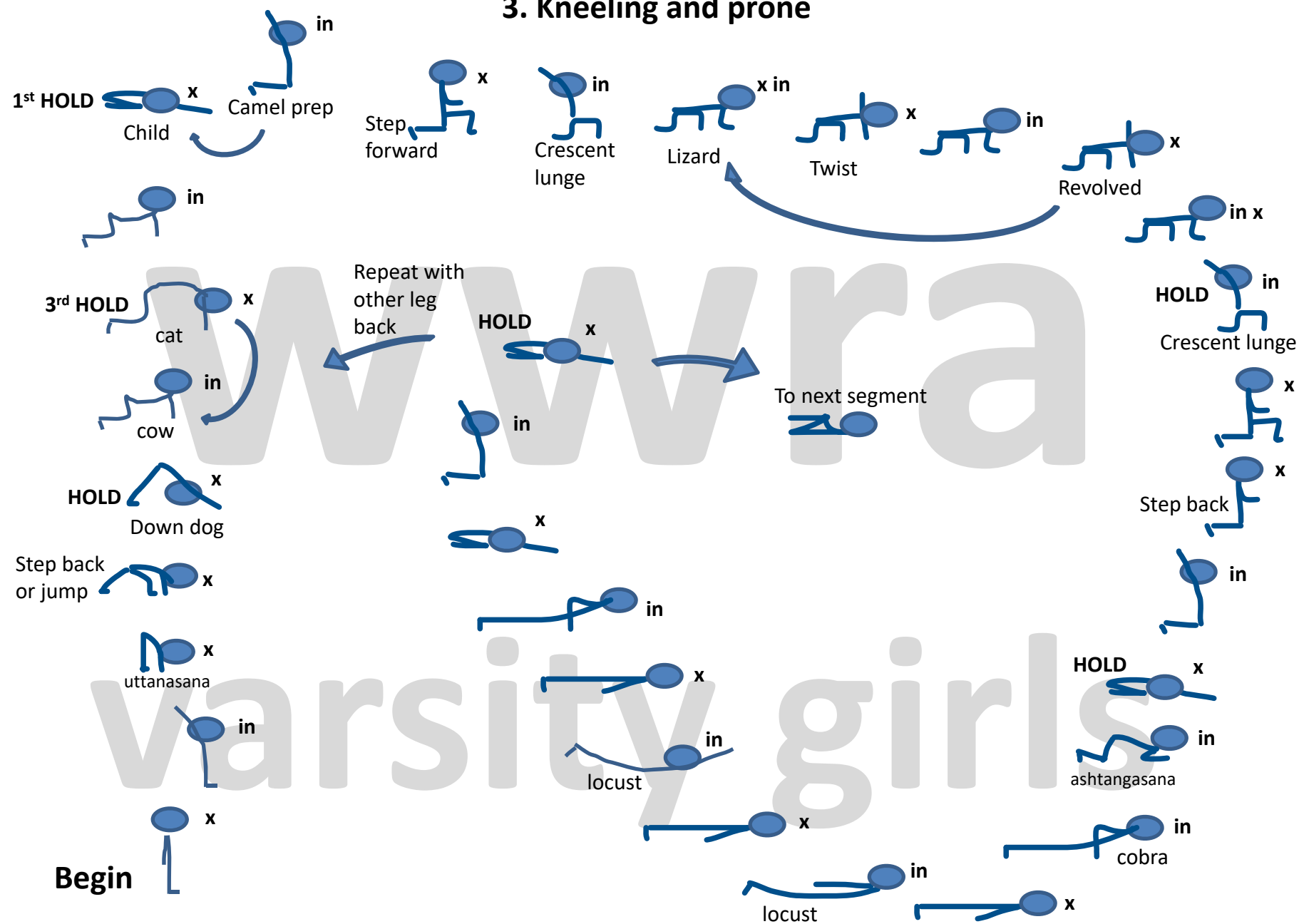
2. Warrior with bends and twists, to four limbs



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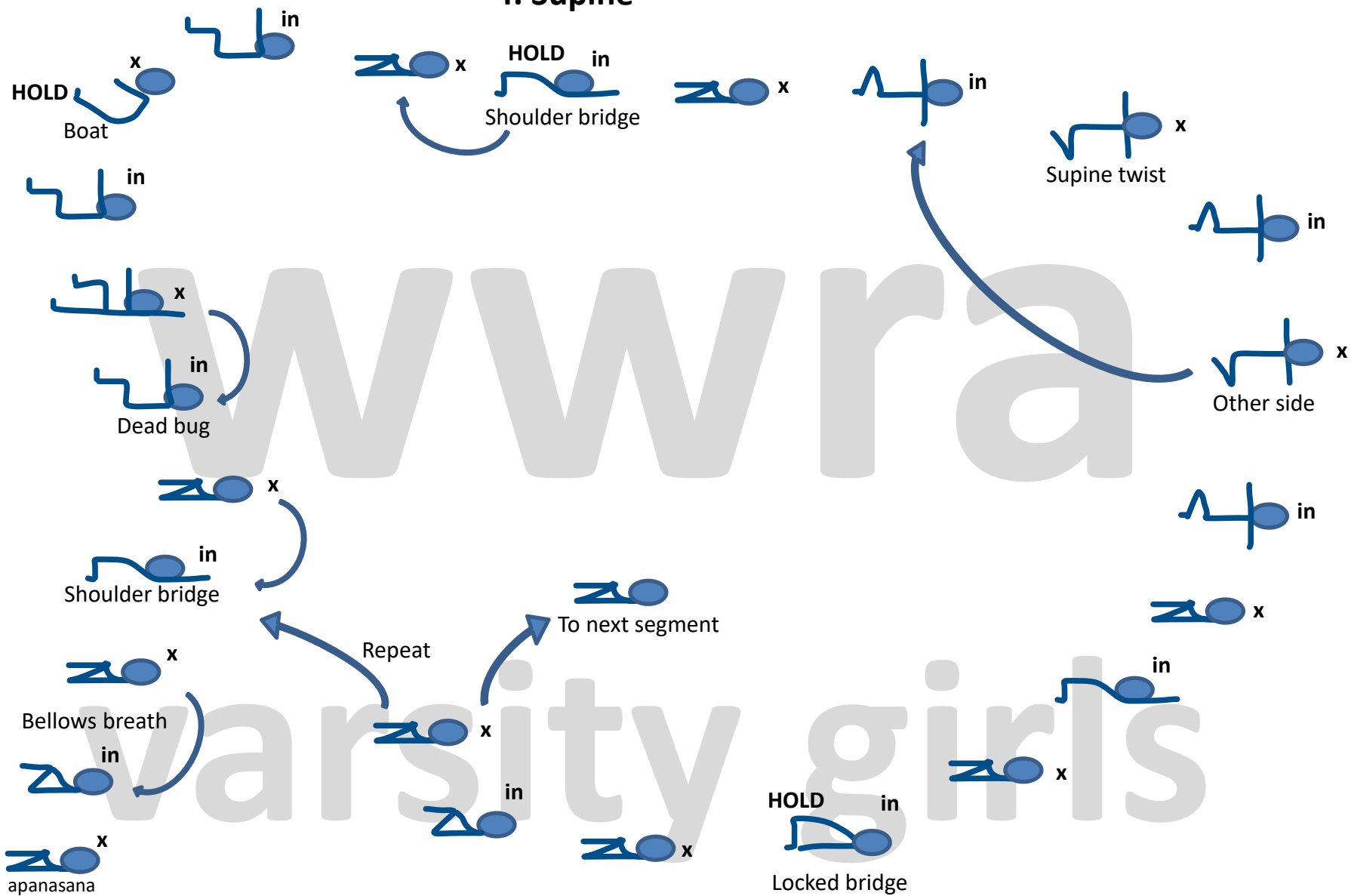
3. Kneeling and prone



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4. Supine



Begin

5. Final elements

Begin



Partial shoulder stand or Apanasana



Bow, fish, wheel

Counterpose



Half lord of the fishes

Seated twist



Mahamudra

Forward fold

Note: Headstands can lead to serious injury, particularly unsupervised, and are **NOT** part of the wwra program.



Savasana

Set intention



Pranayama

Breath

experiments