

## Jivamukti Intermediate / Advanced Yoga Class

Dauer: 75 Minuten



Sukhasana



Vat Nari Sansthan Shaktivardhak



Tadasana Paschima  
Baddhanguliyasana



Tadasana



Trikonasana



Tadasana



Urdhva Hastasana



Pranamasana



Utthita Tadasana With Backbend



Uttanasana



Utthita Ashwa Sanchalanasana



Parsvottanasana Variation  
Hands On Floor



Utthita Ashwa Sanchalanasana



Virabhadrasana I



Utthita Ashwa Sanchalanasana



Parsvottanasana Variation  
Hands On Floor



Utthita Ashwa Sanchalanasana



Virabhadrasana I



Utthita Ashwa Sanchalanasana



Adho Mukha Svanasana



Utthita Ashwa Sanchalanasana



Uttanasana



Utthita Tadasana With Backbend



Tadasana



Utkatasana



Uttanasana



Urdhva Uttanasana



Chaturanga Dandasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Virabhadrasana I



Virabhadrasana II



Phalakasana



Chaturanga Dandasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Urdhva Uttanasana



Uttanasana



Utkatasana



Tadasana



Utkatasana



Parivrtta Utkatasana



Utkatasana



Tadasana



Parivrtta Trikonasana



Parsvottanasana Variation  
Hands On Floor



Urdhva Prasarita Eka Padasana



Ardha Matsyendrasana Variation  
Hand Down



Tadasana



Garudasana



Garudasana Variation 1





Tadasana



Utthita Hasta Padangusthasana  
In Front



Utthita Eka Padasana Uttana  
Hasta



Parivrtta Hasta  
Padangusthasana



Tadasana



Uttanasana



Urdhva Uttanasana



Chaturanga Dandasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Phalakasana



Vasisthasana





Phalakasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Ardha Purvottanasana



Paschimottanasana



Baddha Konasana



Tarasana



Ardha Purvottanasana



Chaturanga Dandasana



Chaturanga Dandasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Pincha Mayurasana



Adho Mukha Svanasana



Phalakasana



Ashtangasana



Bhujangasana



Salabhasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Anjaneyasana Hands To Knee



Hanumanasana



Adho Mukha Svanasana



Chaturanga Dandasana



Dhanurasana



Salabhasana



Dhanurasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Hanumanasana



Adho Mukha Svanasana



Urdhva Dhanurasana



Urdhva Dhanurasana



Urdhva Dhanurasana



Pawanmuktasana



Uttanasana



Sarvangasana



Halasana



Karnapidasana



Matsyasana



Savasana



