

## *Purity and Flow*

*The Virtues:* Purity, Clarity, Focus, Flow.

Coming together with Shakti, flowing with sensitivity.

Cleanse and release, refocus, and align with the Divine current of Grace.

*The Focus:* Twists

*The Apex:* Dhanurasana, Kali Thigh Stretch, Parivrtta Trikonasana, Bound Parivrtta Parsvakonasana, Bound Parsvakonasana and Trikonasana

### **SEQUENCE:**

Surya Namaskar with Lunge Twist

Surya Namaskar with Anjaneyasana

Uttanasana Shoulder Opener

Vinyasa

Crescent to Vira III

Parsvakonasana > Trikonasana > Ardha Chandrasana > Parivrtta Ardha Chandrasana

Garudasana

Vinyasa

Parivrtta Utkatasana

Parivrtta Parsvakonasana (x2 – bound variation optional)

Kali Thigh Stretch

Dhanurasana (x2)

Parsvottanasana

Parivrtta Hasta Padangusthasana

Vinyasa

Parsvakonasana and Trikonasana (bound variations optional)

Anjaneyasana thigh stretch

Twisted pigeon

Parsvottanasana > Parivrtta Trikonasana

Uttanasana

Parivrtta Malasana

Uttanasana

Janu Sirsasana

Ardha Matsyendrasana

Parivrtta Upavistha Konasana

Baddha Konasana

Parivrtta Supta Padangusthasana

Savasana

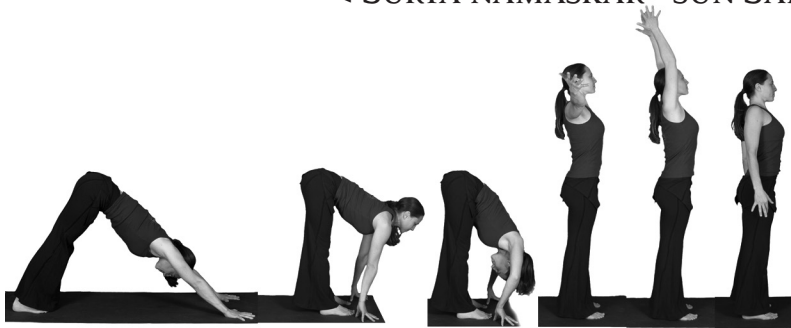


*Parivrtta Trikonasana (Revolved Triangle Pose)*

*Purity and Flow*



< SURYA NAMASKAR - SUN SALUTATION >



< VINYASA >



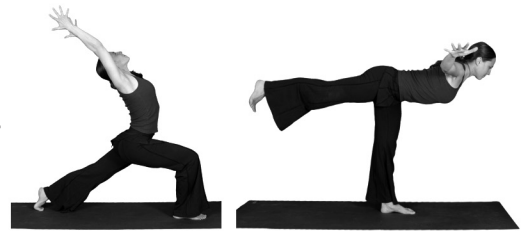
Anjaneyasana

< VINYASA >



Uttanasana  
shoulder stretch

< VINYASA >



Crescent Lunge > Vira III  
both sides

< VINYASA >



< VINYASA >

FLOW: Parsvakonasana > Trikonasana > Ardha Chandrasana  
repeat FLOW on other side



Garudasana  
(Eagle Pose)

< VINYASA >



Parivrtta Utkatasana



Parivrtta Parsvakonasana: any variations  
repeat twice on each side to go deeper (optional bind)



Down Dog  
enjoy your breath

Kali Thigh Stretch

< VINYASA >



Dhanurasana  
(Bow Pose)



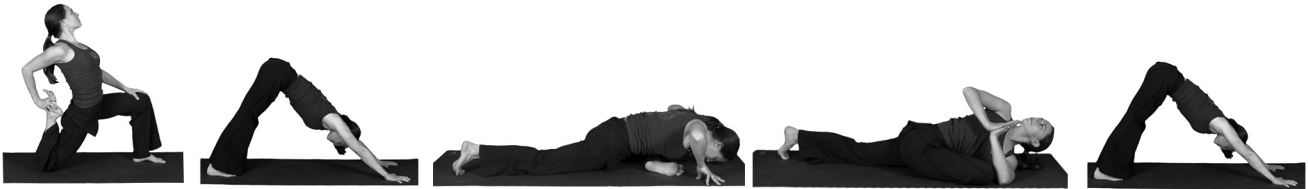
Parsvattonasana  
variation

Parivrtta Hasta  
Padangusthasana

< VINYASA >



Parsvakonasana > Trikonasana  
Optional: bound variations  
both sides



Anjaneyasana  
Thigh Stretch

Breathe.

Pigeon: Forward Fold and Twisted variation  
both sides

Breathe.



Parsvottanasana > Parivrtta  
Trikonasana both sides

Parivrtta Malasana  
(Revolved Garland Pose)



Janu Sirsasana

Ardha  
Matsyendrasana

Parsva Upavistha Konasana

Upavistha Konasana

Baddha Konasana



Twist with Eagle Legs



Finishing Twist



Hug and Rock



Savasana