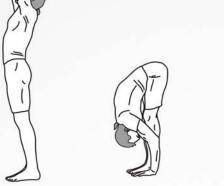
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YOGA WORKOUT **by Spyros Kapnias Garudananda** for DAREBEE © darebee.com

LEVEL 1 5 sets **LEVEL II** 10 sets **LEVEL III** 15 sets

no rest between sets * optional, skip and inhale







1. Mountain Pose Tadasana

inhale, exhale

Upward Salute Urdhva Hastasana inhale

3. Standing **Forward Bend** Uttanasana exhale

4. Handstand * with bending legs Adho Mukha Vrksasana Variation inhale

5. Plank Pose Ardha Chaturanga Dandasana exhale







6. Four Limbed Staff Pose

Chaturanga Dandasana exhale

7. Upward-Facing Dog Pose Urdhva Mukha Svanasana

inhale





9. Plank Pose

Ardha Chaturanga Dandasana exhale



10. Downward-Facing Dog Adho Mukha Svanasana

inhale, exhale, inhale, exhale



11. Handstand * with bending legs

Adho Mukha Vrksasana Variation inhale



12. Standing **Forward Bend**

Uttanasana exhale



13. Upward Salute

Urdhva Hastasana inhale



14. Mountain Pose

Tadasana exhale