

Flow - SVARGA DVIJASANA Bird of Paradise

- 26-4-2023

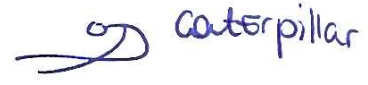
o breathe
o center
feel (how am I doing?)
what does my body need?)

U'n pose 2x

①



②



Roll up to Cat / cow



[hang tw
grab elbows



to parsvakonasana
with knee down

+ lift leg
but high on toes!!
(balance)



...] (R+L)

[lengthen leg

step to



parsvakonasana

tiko

step to



to



fishon pose so sit down

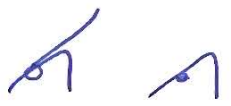
toe side stretch

go each to



plank with 1 leg up

push to



[v] (R+L)

jump tw.

danda!


keep danda) (L+R)



padmasusthasana
grab toes





from here
step to

prasarita padottanasana





[ two-legged dog balance! (how does it affect your breath / thoughts? veit's)

 Parsva to  Shandarsana
 How 3x






 Teino with sun salute to  standing split
 to  Padahasthasana ... ] (Lr)


[  Siding +  Malasana +  airplane twist (Lr)

zit  Paschimottasana (2nd round to  Konesana)

 ... ] (Lr)
 jump back walk tw.  Uthita hasta padangusthasana +  Dandarsana again! (Lr)

[  step tw. + lift toes / foot / leg to  Bird of Paradise] (Lr)

 ... ] (Lr)
Extra: the Hamingo.  Siding in Malasana + come up + upper body parallel to floor  

UNWIND + REST (4)  happy baby to stretch back)