

• 60 mins • Intermedio

- Equilibrio, cultivar la atención de la respiración, muy lenta y profunda, aprender a usar la respiración para quedarse en las posturas
- Establecer bien la base, Centrar las caderas y estirar bien la columna para hacer las torsiones

En esta secuencia de nivel intermedio trabajamos mucho las torsiones, en diferentes posturas, en un flow que debe ser dirigido por la respiración, tomándonos el tiempo necesario para establecer bien la base de cada postura.

Si no puedes hacer Sirsasana, repite 2 o 3 veces la Postura del Delfín. Si puedes hacer Sirsana mantenla 3 minutos.

Terminamos con posturas en el suelo para calmar la energía de la clase y terminar descansados y renovados.



1. Chair Pose
Utkatasana



2. Revolved Chair Pose Parivrtta Utkatasana



3. Standing Forward Fold Pose Variation Hands To Elbows And Knees Bent
Uttanasana Variation
Hands To Elbows And Knees Bent



4. Chair Pose
Utkatasana



5. Revolved Chair Pose Parivrtta Utkatasana



6. Standing Forward Fold Pose Variation Hands To Elbows And Knees Bent
Uttanasana Variation
Hands To Elbows And Knees Bent



7. Runners Lunge Pose Utthita Ashwa Sanchalanasana



8. Revolved Lunge Pose Parivrtta Utthita Ashwa Sanchalanasana



9. Downward Facing Dog Pose Variation Knees Bent Adho Mukha Svanasana Variation Knees Bent



10. Downward Facing Dog Pose Variation One Knee Bent Adho Mukha Svanasana Variation One Knee Bent



11. Downward Facing Dog Pose Adho Mukha Svanasana



12. Runners Lunge Pose Utthita Ashwa Sanchalanasana



13. Revolved Lunge Pose Parivrtta Utthita Ashwa Sanchalanasana



14. Downward Facing Dog Pose Variation Knees Bent Adho Mukha Svanasana Variation Knees Bent



15. Downward Facing Dog Pose Adho Mukha Svanasana



16. Runners Lunge Pose Utthita Ashwa Sanchalanasana



17. High Lunge Pose Ashta Chandrasana



18. Revolved Side Angle Pose Parivrtta Parsvakonasana Namaste Hands



19. Pyramid Pose Variation 1 Parsvottanasana Variation 1



20. Intense Side Stretch Pose Parsvottanasana



21. Downward Facing Dog Pose Variation Knees Bent Adho Mukha Svanasana Variation Knees Bent



22. Downward Facing Dog Pose Adho Mukha Svanasana



23. Runners Lunge Pose Utthita Ashwa Sanchalanasana



24. High Lunge Pose Ashta Chandrasana



25. Revolved Side Angle Pose Parivrtta Parsvakonasana Namaste Hands



26. Pyramid Pose Variation 1
Parsvottanasana
Variation 1



27. Intense Side Stretch Pose
Parsvottanasana



28. Downward Facing Dog Pose Variation Knees Bent
Adho Mukha Svanasana
Variation Knees Bent



29. Downward Facing Dog Pose
Adho Mukha Svanasana



30. Runners Lunge Pose
Utthita Ashwa Sanchalanasana



31. High Lunge Pose
Ashta Chandrasana



32. Revolved High Lunge Pose
Parivrtta Ashtachandrasana



33. Twisted Reverse Warrior Pose
Parivrtta Viparita Virabhadrasana



34. Pyramid Pose Variation 1
Parsvottanasana
Variation 1



35. Revolved Triangle Pose
Parivrtta Trikonasana



36. Downward Facing Dog Pose Variation Knees Bent
Adho Mukha Svanasana
Variation Knees Bent



37. Downward Facing Dog Pose
Adho Mukha Svanasana



38. Runners Lunge Pose
Utthita Ashwa Sanchalanasana



39. High Lunge Pose
Ashta Chandrasana



40. Revolved High Lunge Pose
Parivrtta Ashtachandrasana



41. Twisted Reverse Warrior Pose
Parivrtta Viparita Virabhadrasana



42. Pyramid Pose Variation 1
Parsvottanasana Variation 1



43. Revolved Triangle Pose
Parivrtta Trikonasana



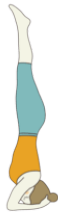
44. Downward Facing Dog Pose Variation Knees Bent
Adho Mukha Svanasana Variation Knees Bent



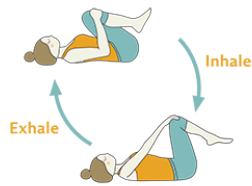
45. Child Pose
Balasana



46. Dolphin Pose
Catur Svanasana



47. Headstand Pose
Salamba Sirsasana



48. Wind Release Pose
Apanasana
Exhale Inhale Flow



49. Bridge Pose
Setubandha Sarvangasana



50. Roller Pose
Nari Sansthan Shaktivardhak



51. Wind Release Pose



52. Constructive Rest Pose Savasana
Variation Bent Legs



53. Supine Windshield Wiper Pose Variation Supta
Sucirandhrasana
Variation



54. Supine Windshield Wiper Pose Variation Supta
Sucirandhrasana
Variation



55. Roller Pose Vat
Nari Sansthan
Shaktivardhak



56. Wind Release Pose



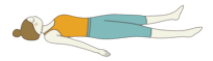
57. Supine Spinal Twist Pose II Supta
Matsyendrasana II



58. Supine Spinal Twist Pose II Supta
Matsyendrasana II



59. Full Body Stretch Pose Supta Utthita
Tadasana



60. Corpse Pose Savasana