



# Vinyasa Flow - Term 3 2021

Bri Ellingham



Tadasana



Classic Surya Namaskar Variation IV



Anjaneyasana



Utthita Ashwa Sanchalanasana



Ashta Chandrasana Variation Hands On  
Hips



Ashta Chandrasana Shoulder Opener



Ashta Chandrasana Arms Extended  
Forward



Utthita Ashwa Sanchalanasana



Virabhadrasana II



Virabhadrasana II



Utthita Ashwa Sanchalanasana



Anjaneyasana



Utthita Ashwa Sanchalanasana



Ashta Chandrasana Variation Hands On  
Hips



Ashta Chandrasana Shoulder Opener



Ashta Chandrasana Arms Extended  
Forward



Prasarita Padottanasana B



Parivrtta Prasarita Padottanasana



Parivrtta Prasarita Padottanasana



Prasarita Padottanasana D



Virksasana



Trikonasana



Parivrtta Trikonasana



Trikonasana



Parivrtta Trikonasana



Ardha Chandrasana



Parivrtta Ardha Chandrasana



Ardha Chandrasana



Parivrtta Ardha Chandrasana



Paschimottasana



Akarna Dhanurasana Opposite Leg



Akarna Dhanurasana Opposite Leg



Ardha Baddha Padma  
Paschimottasana



Ardha Baddha Padma  
Paschimottasana



Ardha Kapotasana



Ardha Kapotasana



Purvottasana



Vajrasana



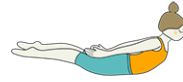
Ustrasana Variation 1



Ustrasana



Uttana Shishosana



Salabhasana



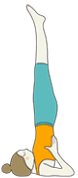
Dhanurasana



Setubandha Sarvangasana



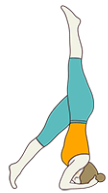
Paschimottasana



Sarvangasana



Ardha Sirsasana On Forearms



Eka Pada Sirsasana



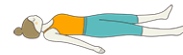
Salamba Sirsasana



Balasana



Padmasana Chin Mudra Jalandhara  
Bandha



Savasana



Sukhasana