

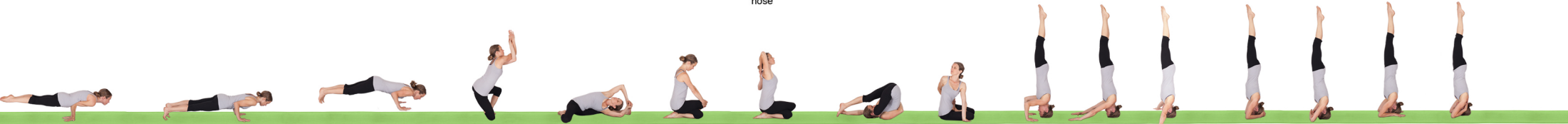




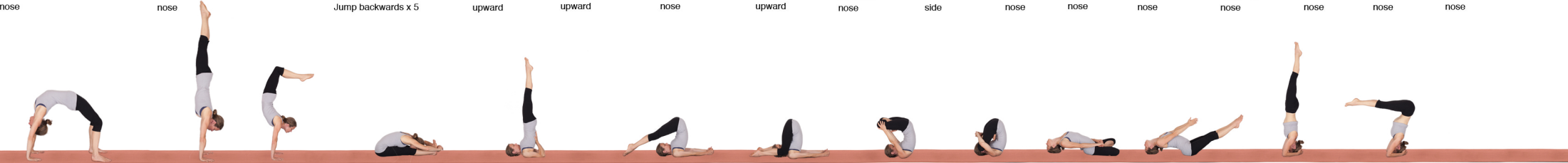
**Pasasana** 5 breaths side  
**Krounchasana** 5 breaths foot  
**Salabhasana A** 5 breaths nose  
**Salabhasana B** 5 breaths nose  
**Bhekasana** 5 breaths nose  
**Dhanurasana** 5 breaths nose  
**Parsva Dhanurasana** 5 breaths nose  
**Dhanurasana** 5 breaths nose  
**Ustrasana** 5 breaths nose  
**Laghu vajrasana** 5 breaths nose  
**Kapotasana A** 5 breaths nose  
**Kapotasana B** 5 breaths nose  
**Supta vajrasana** 5 breaths Up and down x3 5 breaths  
**Bakasana A + B** 5 breaths in each Jump into bakasana B nose



**Bharadvajasana** 5 breaths side  
**Ardha Matsyendrasana** 5 breaths side  
**Eka Pada Sirsasana** 5 breaths foot  
**Dwi Pada Sirsasana A** 5 breaths nose  
**Dwi Pada Sirsasana B (Lift)** 5 breaths nose  
**Yoga Nidrasana** 5 breaths 3rd eye  
**Tittibhasana A** 5 breaths nose  
**Tittibhasana B** 5 breaths nose  
**Tittibhasana B** Walk Forward x 5 Walk Backwards x 5 Inhale and Exhale nose  
**Tittibhasana C** 5 breaths nose  
**Pincha Mayurasana** 5 breaths nose  
**Karandavasana** Exhale and Lower nose  
**karandavasana** 5 breaths nose



**Mayurasana** 5 breaths nose  
**Nakrasana** Inhale and exhale nose  
**Vatayanasana** 5 breaths upward  
**Parighasana** 5 breaths upward  
**Gomukhasana A** 5 breaths nose  
**Gomukhasana B** 5 breaths upward  
**Supta Urdhva Pada Vajrasana** 5 breaths nose  
**Supta Urdhva Pada Vajrasana** 5 breaths side  
**Mukta Hasta Sirsasana A** 5 breaths nose  
**Mukta Hasta Sirsasana B** 5 breaths nose  
**Sirsasana C** 5 breaths nose  
**Baddha Hasta Sirsasana A** 5 breaths nose  
**Baddha Hasta Sirsasana B** 5 breaths nose  
**Baddha Hasta Sirsasana C** 5 breaths nose  
**Baddha Hasta Sirsasana D** 5 breaths nose



**Urdhva Danurasana x 3** 5 breaths nose And drop back x 3 Inhale and Exhale  
**Handstand Dropovers (Optional)**  
**Paschimottasana** 10 breaths toes  
**Salamba Sarvangasana** 25 breaths nose  
**Halasana** 8 breaths nose  
**Karnapidasana** 8 breaths nose  
**Urdhva Padmasana** 8 breaths nose  
**Pindasana** 8 breaths nose  
**Mathsayasana** 8 breaths nose / 3rd eye  
**Uttana Padasana** 8 breaths nose  
**Sirsasana** 25 breaths nose  
**Sirsasana** 10 breaths nose



**Balasana** 10 breaths nose  
**Yoga mudra** 10 breaths 3rd eye  
**Padmasana** 25 breaths nose  
**Utplutih** 10 breaths nose  
**Take Rest** eyes closed

# Intermediate Series - Donna Southwell

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[www.donnasouthwell.yoga](http://www.donnasouthwell.yoga)