

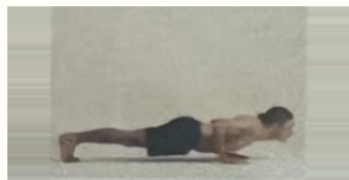
Linking vinyāsa

Vinyāsa · Placement in a deliberate order · breath-linked movement

No breath-holding to force a jump. Take extra breaths for a step-back or step-through. Cakrāsana, the backward rollover, is a separate teacher-taught alternative; it is not needed to follow this guide.

Read left → right, then the next row. Side labels refer to your body. Numbers are card order.

01 / Centre / both



Caturaṅga Daṇḍāsana

Four-limbed staff / low plank

Exhale

02 / Centre / both

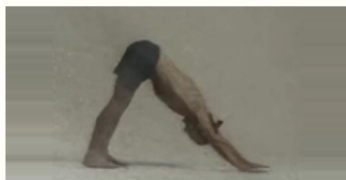


Ūrdhva Mukha Śvānāsana

Upward-facing dog

Inhale

03 / Centre / both

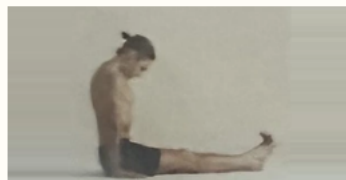


Adho Mukha Śvānāsana

Downward-facing dog

Exhale

04 / Centre / both



Daṇḍāsana

Staff pose

Inhale · arrive seated

A memory aid for the practice you have learned. Modify, omit or rest; no pose is compulsory.

Vinyāsa link: exhale low plank → inhale upward dog → exhale downward dog → arrive at the next base.

Study notes and options: House of Ananda / ashtanga-primary. Photos: Daniel's training-sheet collection.

Two supplemental AI illustrations are labelled. Counts and variation letters differ by teacher. September 2026.