

## 6 CONNECTIVE VINYASAS

The graphics show six different variations of a connective vinyasa. Use them when connecting the right and left side as an alternative to the regular Ashtanga style Chaturanga Dandasana – Upward Facing Dog – Downward Facing Dog. Suggestion: use the same connective vinyasa throughout the main flow of your class.

### THE BACKBEND VINYASA



### THE DOLPHIN VINYASA



Shift chest forward on the exhale, keeping the elbows bent

### THE ONE LEG CORE VINYASA – MAKE SURE TO ALTERNATE RIGHT AND LEFT LEG



### THE SHOULDER ROLL VINYASA



Right arm out from shoulder, roll to the right

Left arm out from shoulder, roll to the left

### THE CORE VINYASA



Repeat pulsation Low Boat to Boat x 5

Cross ankles, roll forward and jump back

### THE CAT-COW VINYASA

