

# Sequenza del risveglio



1 – Navasana



2 – Kraunchasana



3 – Vakra  
trikonasana



4 – Matsiendrasana



5 – Uttana  
tulitasana



6 - Parvatasana



7 – Ardha  
kapalāsana



8 - Chatakasana



9 – Vartakasana



10 – Bhagavatasana



11 – Garudhasana



12 – Tadasana