Intermediate Series (the second series of Vinyasa Ashtanga Yoga Part 1 / 2)

- Malasana is the garland we are offering to the God. -

Intermediate Series (the second series of Vinyasa Ashtanga Yoga Part 2 / 2)

- Mayurasana a peacock. - That's not a peacock, that's more like a chameleon. Perfect it first! It eradicates all sins. -

Malasana is the garland we are offering to the God.

- The Asana series are like the scales. Once you learned the scales you can play music. -