



Design an Āsana practice to move towards being able to work dynamically 8 times in Ūrdhva Prasṛta Pādāsana.

The Vinyāsa Krama or planning steps in the practice will be for a total of 50 working breaths.

- It will be based primarily around Āsana.
- In this instance, the practice will not include any sitting Mudrā, Prāṇāyāma or Dhyāna.
 - In the planning structure, any link Āsana such as Samasthiti, Śavāsana, Vajrāsana, do not count in the breath tally.
 - State the intended developmental path of the practice.
 - Consider the primary Āsana you are choosing to build the practice with.
- Justify your choice of supporting or compensatory Āsana within the scheme.