Rachel Rosenberg

HAPPY BABY TO GODDESS:

creativity in yoga sequencing with markov chains







ujjavi breathing





downdog





forward fold



sun salutation a



three-legged dog



crescent



standing leg raise



warrior 3



standing splits



standing fold



chair



low lunge



chaturanga



vinyasa



downdog





triangle



reverse warrior



child's pose



supine twist



happy baby



savasana