

Sequence – Eight week beginning class 1 hour 15 minutes

(Poses in **RED** are new poses to that week's sequence)

Week One

Tadasana – Mountain pose

Utthita Hasta Padasana – spread apart hand & foot pose

Utthita Parsva Hasta Padasana – spread apart side hand & foot pose

Virabhadrasana II – Warrior II pose

Utthita Trikonasana – Extended Triangle pose

Prasarita Padottanasana - wide spread apart foot pose

Dandasana – Staff pose

Urdvha Hasta Dandasana – upward hand staff pose

Urdvha Mukha Dandasana – upward face staff pose

Savasana – corpse pose

Week Two

Tadasana – Mountain pose

Utthita Hasta Padasana – spread apart hand & foot pose

Utthita Parsva Hasta Padasana – spread apart side hand & foot pose

Virabhadrasana II – Warrior II pose

Utthita Trikonasana – Extended Triangle pose

Utthita Parsvakonasana – extended side angle pose

Parsvottanasana – intense side stretch pose

Prasarita Padottanasana - wide spread apart foot pose

Urdvha Prasarita Padasana – upward spread apart foot pose

Dandasana – Staff pose

Urdvha Hasta Dandasana – upward hand staff pose

Urdvha Mukha Dandasana – upward face staff pose

Setubandha Sarvangasana – bridge the whole body pose

Savasana – corpse pose

Week Three

Tadasana – Mountain pose

Urdvha Hastasana – upward hand pose

Urdvha Baddanguillyasana – upward bound finger pose

Urdvha Namaskarasana – Upward prayer pose

Vrksasana – Tree pose

Utthita Trikonasana – Extended Triangle pose

Utthita Parsvakonasana – extended side angle pose

Utkatasana – Fierce pose

Viminasana – Airplane pose

Virabhadrasana I – Warrior I final pose

Virabhadrasana II – Warrior II pose

Parsvottanasana – intense side stretch pose

Prasarita Padottanasana - wide spread apart foot pose

Urdvha Prasarita Padasana – upward spread a part foot pose in the middle of the room

Dandasana – Staff pose

Urdvha Hasta Dandasana – upward hand staff pose

Urdvha Mukha Dandasana – upward face staff pose

Ardha Halasana – swinging up from floor on one blanket to wall

Setubandha Sarvangasana – bridge the whole body pose

Savasana – corpse pose

Week Four

Tadasana – Mountain pose

Urdvha Hastasana – upward hand pose

Urdvha Baddanguillyasana – upward bound finger pose

Urdvha Namaskarasana – Upward prayer pose

Vrksasana – Tree pose

Utthita Trikonasana – Extended Triangle pose

Utthita Parsvakonasana – extended side angle pose

Utkatasana – Fierce pose

Viminasana – Airplane pose

Virabhadrasana I – Warrior I final pose

Virabhadrasana II – Warrior II pose

Parsvottanasana – intense side stretch pose

Prasarita Padottanasana - wide spread apart foot pose

Urdvha Prasarita Padasana – upward spread apart foot pose in the middle of the room

Dandasana – Staff pose

Urdvha Hasta Dandasana – upward hand staff pose

Urdvha Mukha Dandasana – upward face staff pose

Trianga Mukha ekaipada Pascimottanasana

Urdvha Hasta Trianga Mukha ekaipada Pascimottanasana

Chatush Padasana – four part/limb pose

Ardha Halasana – swinging up from floor on two blankets to wall

Setubandha Sarvangasana – bridge the whole body pose

Savasana – corpse pose

Week Five

Tadasana – Mountain pose

Urdvha Hastasana – upward hand pose

Urdvha Baddanguillyasana – upward bound finger pose

Gomukhasana in Tadasana - Cow face pose

Urdvha Namaskarasana – Upward prayer pose

Vrksasana – Tree pose

Utthita Trikonasana – Extended Triangle pose

Utthita Parsvakonasana – extended side angle pose

Ardha Chandrasana - Half Moon Pose

Utkatasana – Fierce pose

Virabhadrasana I – Warrior I final pose

Virabhadrasana II – Warrior II pose

Padangusthasana – Clasp the big toe pose concave back

Parsvottanasana – intense side stretch pose

Prasarita Padottanasana - wide spread apart foot pose

Dandasana – Staff pose

Pascimottanasana – intense stretch to the west side of the body pose

Trianga Mukha ekaipada Pascimottanasana - three limb face to one foot intense stretch pose

Urdvha Hasta Trianga Mukha ekaipada Pascimottanasana

Chatush Padasana – Four part/limb pose

Ardha Halasana – swinging up from floor on three blankets to wall

Setubandha Sarvangasana – bridge the whole body pose

Savasana – corpse pose

Week Six

Tadasana – Mountain pose

Gomukhasana in Tadasana - Cow face pose

Utthita Trikonasana – Extended Triangle pose

Utthita Parsvakonasana – extended side angle pose

Ardha Chandrasana - Half Moon Pose

Virabhadrasana I – Warrior I final pose

Virabhadrasana II – Warrior II pose

Padangusthasana – Clasp the big toe pose concave back

Parsvottanasana – intense side stretch pose

Prasarita Padottanasana - wide spread apart foot pose **head supported**

Adho Mukha Svanasana – Down Face Dog Pose (supported)

Virasana – Hero pose

Dandasana – Staff pose

Pascimottanasana – intense stretch to the west side of the body pose

Urdvha Mukha Trianga Mukha ekaipada Pascimottanasana - three limb face to one foot intense stretch pose

Salmaba Sarvangasana – ATW with strap & three blankets

Bharadvajasana – Sage Pose

Setubandha Sarvangasana – bridge the whole body pose

Savasana – corpse pose

Week Seven

Tadasana – Mountain pose

Gomukhasana in Tadasana - Cow face pose

Utthita Trikonasana – Extended Triangle pose

Utthita Parsvakonasana – extended side angle pose

Ardha Chandrasana - Half Moon Pose

Uttanasana- intense stretch pose concave back

Virabhadrasana I – Warrior I

Virabhadrasana II – Warrior II pose

Padangusthasana – Clasp the big toe pose head down

Prasarita Padottanasana - wide spread apart foot pose head supported

Adho Mukha Svanasana – Down Face Dog Pose (supported)

Parighasana – Gate Pose

Virasana – Hero pose

Dandasana – Staff pose

Trianga Mukha ekaipada Pascimottanasana - three limb face to one foot intense stretch pose – final pose

Halasana – Plow pose on a chair

Salmaba Sarvangasana – from Halasana

Bharadvajasana – Sage Pose

Savasana – corpse pose

Week Eight

Tadasana – Mountain pose

Gomukhasana in Tadasana - Cow face pose

Utthita Trikonasana – Extended Triangle pose

Parivrtta Trikonasana – revolved Triangle Pose

Utthita Parsvakonasana – extended side angle pose

Ardha Chandrasana - Half Moon Pose

Uttanasana- intense stretch pose – head down

Virabhadrasana I – Warrior I

Padangusthasana – Clasping the big toe pose head down

Prasarita Padottanasana - wide spread apart foot pose head supported

Adho Mukha Svanasana – Down Face Dog Pose (supported)

Parighasana – Gate Pose

Virasana – Hero pose

Swatiskasana –easy cross leg pose

Pascimottanasana – intense stretch to the west side of the body pose

Halasana – Plow pose on a chair

Salmaba Sarvangasana – from Halasana

Supta Konasana – lying down angle pose

Marichyasana I – Pose dedicated to the Sage Marichi – twist only

Savasana – corpse pose