




























# Join The Class

1.  Supta Swastikasana
2.  Virasana or  Swastikasana
3.  Am variations Parvatasana, Gomukhasana, Gaudasana
4.  Virasana forward Adho Mukha Virasana
5.  Toes tucked under, knees + feet in line.
6.  Half Uttanasana
7.  Tadasana  Urdhva hastasana
8.  Virksasana 
9.  Gaudasana hands to wall  Balance
10.  Utkatasana 
11.  Parighasana
12.  Uthita Trikonasana
13.  Virabhadrasana II Warrior II
14.  Uthita Parsvakonasana
15.  Virabhadrasana I Warrior I hands to wall
16.  Virabhadrasana I away from wall
17.  or  Prasarita Padottanasana
18.  Parsvottanasana
19.  Parivritta Trikonasana
20.  Virasana sitting on back if needed

21.  Dandasana

22.  Navasana x 2


23. 

24.  Urdhva Prasarita Padasana x 2

25. 


26.  Plank

27.  Vasisthasana

28.  Hand stand walk up wall

29.  Salabhasana

30.  Bhujangasana

31.  Dhanurasana x 2

32.  x 2 Chaturshripadasana

33.  Chair twist

34.  Virasana forward

35.  Dog Pose

36.  Supta Padangusthasana 1, 2, 3

37.  or Viparita Karani

38.  Setubandha Sarvangasana

39.  Savasana