



## LEVEL 1/2

**THEME:** DYNAMIC MOVEMENT\*

**PEAK:**

SALAMBA SARVANGASANA

Supta Baddha Konasana  
Eka Pada Apanasana (*Abdominals*)  
Thread the Needle (*Dynamic*)  
Setu Bhandha (*Dynamic*)  
Apanasana  
Balasana  
Adho Mukha Svanasana  
Ardha Caturanga Dandasana  
High Lunge (*hands on blocks*)  
Uttanasana  
½ Salutes (3x)  
SNA:  
    Caturanga Variations:  
    --Body resting on blocks  
    --use straps to hover  
  
Crescent Lunge/knee on floor  
    --Garudasana arms  
  
Virabhadrasana II (dynamic hold)  
Parsvakonasana  
Parsvatonasana Prep  
SNB (2x)  
Trikonasana  
Ardha Chandrasana  
SNA (1x)  
Parsvatonasana (reverse Namaste)  
Utthita Hasta Pandangusthasana  
    Variations/modifications  
SNA (1x)

Navasana/Purvottanasana Vinyasa  
Janu Sirsasana  
Mariachasana C  
Pascimottanasana  
Setu Bhandha Sarvangasana  
Salamba Sarvangasana  
    --carefully explain use of  
    props  
    --Use wall for modification if  
    necessary  
Jathara Parivatanasana on blankets  
Happy Baby (on floor)  
Savasana

---

***Dynamic Movement:*** emphasis is placed on the repetition of movement with breath. For example:

***Dynamic Thread the Needle:*** Lying on back inhale, exhale curl up and bring head to leg....

***Dynamic Setu Bhandha:*** Lye on back, hands down by hips. Inhale, lift hips up and arms overhead to the floor. Exhale, release down, bring arms, hands and hips back to the floor simultaneously.

***Vira II:*** Inhale, arms up straighten leg, exhale arms down bend knee...