



## LEVEL 2\*

**THEME:** ARM BALANCE

**OVERVIEW**

**PEAK:**

**GALAVASANA**

Balāsana (*head resting on block, blanket under hips*)  
Adho Mukha Svānāsana  
Ardha Chaturuṅga (Plank)  
Adho Mukha Svānāsana  
Crescent Lunge  
(*knee on floor, light twist and hold 5 breaths*)  
Crescent (*Straight leg, hold 5 breaths*)  
SNA (*5x, emphasis on caturuṅga and jumping back*)  
Vasīthāsana  
Slow, dynamic lunges (*knee to forehead, upper arm, across to opposite arm, hold at each contact to work abs*)  
Parsvakoṅāsana (*hand inside*)  
Trikoṅāsana  
Utkāṣāsana (*5 breaths*)  
Parvritta Utkāṣāsana  
SNB (3x)

### **Jump to Sit:**

Navāsana---Tolāsana (3x, hold navāsana 5 breaths each)  
Pick up Jump Back  
Bakāsana

Vinyasa  
Parvritta Parsvakoṅāsana  
Galavāsana (or prep)  
Vinyasa  
Ardha Bhekoṅāsana  
Dhanurāsana  
Balāsana  
Uttanāsana  
Pāṅḍaṅgusthāsana  
Adho Mukha Vrkoṅāsana

### **Back to Center of Room:**

Janu Sīrśāsana  
Upavīṣṭa Koṅāsana  
Parvritta Janu Sīrśāsana  
Matsyendrasana  
Pāścīmottanāsana  
Jāthara Parivatanāsana/Simple  
Twist  
Savāsana

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\*This sequence can easily be adapted for Level 2 and 2/3 students depending on the ability of the class.