

LEVEL 2*



**THEME: NEUTRAL ROTATION
PEAK: URDVHA
DANURASANA**

Lying on Back:

Viloma I
Supta Pandangusthasana (I)
Abdominals (legs up, block between thighs)
Dynamic Bridge
Ardha Caturuanga (Plank)
Adho Mukha Svanasana
Crescent Lunges (Knee on floor hold, straight leg)
Caturuanga push-ups
SNA (5x)
Parsvakonasana (hand inside)
Vira II
Trikonasana
Ardha Chandrasana
SNB (5x)
Vastithasana
Tadasana
Parsvatonasana
Parvritta Trikonasana
Prasarita Padottanasana A
Prasarita Padottanasna C
Vinyasa
Vira III---Parvritta Ardha
Chandrasana
Utthita Hasta Pandangusthasana

Adho Mukha Vrksasana
King Arthur
Urdhva Dhanurasana
Gomukhasana
Upavista Konasana
Baddha Konasana
Matsyendrasana
Pascimottanasna
Simple Twist
Savasana

*This sequence can easily be adapted for 2/3 students. For example, Bird of Paradise can be added after Prasarita