



## LEVEL ½

### THEME: NEUTRAL ROTATION

### PEAK: ADHO MUKHA SVANASNA (HANDSTAND)

#### Seated:

- Ujjayi
- Viloma I
- Shoulder openers

Balāsana

Ardha Caturuṅga (plank)

Adho Mukha Svanāsana

Salabhasana (arms in Prasarita C)  
-2x, turn head R/L between sides)

Adho Mukha Svanāsana

Uttanāsana

Tadasana

Utthita Hastāsana

½ Salutes

High Lunges with blocks:

- knee on floor
- shift back, hamstring stretch

Adho Mukha Svanāsana

Uttanāsana

Surya Namaskar A (3x)

- Instruct caturuṅga, body on blocks

Ardha Caturuṅga (plank)

Vasithāsana (variations)

Crescent (2x)

Parsvotānāsana

Utkatāsana Vinayasa

Adho Mukha Svanāsana

Virabhadrasana I (dynamic 3x)

- vira I inhale
- Parsvotonāsnana, exhale

Tadasana (side facing)

Vrkaśana (U. H. arms)

Prasarita Padottānāsana A  
Trikoṅāsana (wrap top arm)

Prasaritā Padottānāsana  
-wide twist, prep for parvritta  
trikoṅāsana

Surya Namaskar B (2x)

Parvritta Trikoṅāsana

Adho Mukha Svanāsana

Balāsana

Urdhva Prasarita Padmāsana

Setu Bhaṅḍa

Apanāsana

Adho Mukha Vrkaśana

-L pose

- handstands, introduce fundamentals, use straps

Janu Sirsāsana

Upavista Koṅāsana

Matsyendrasana

Pascimottānāsana

Simple Twist

Savāsana

**Notes:** This sequence is suitable for stronger Level ½ students who are transitioning to Level 2 and want to learn the fundamentals of Adho Mukha Vrkaśana. In this sequence, an emphasis is placed on: core and leg strength; neutral rotation of the pelvis and the alignment principles of tadasana that are inherent in many poses.