



## Level 1

### Peak: Utthita Pandangusthasana

Savasana  
-breath awareness  
Supta Pandangusthasana I  
Apanasana  
Light abdominals  
Apanasana  
Bidalasana  
Alternate Arm/Leg Extension  
Balasana  
Adho Mukha Svanasna  
Uttanasana  
½ Salutes  
Surya Namaskar A (2x)  
-with Bujangasana  
Tadasana  
Parsvakonasana  
Trikonasana  
Utthita Hasta Pandangusthasana Prep\*  
Prasarita Padottanasna A  
Prasarita Padottanasana C  
½ Salute or SNA  
**Utthita Pandangusthasana**  
½ salute  
Balasana  
Janu Sirsasana  
Upavista Konasana  
Baddha Konasana  
Pascimottanasana

Viparita Karani Cycle  
-Legs Straight  
-Upavista Konasan  
-Bhadda Konasana

*Transition to back:*  
Setu Bhandha Sarvangasana  
Simple Twist  
Savasana

#### **Notes:**

*\*Utthita Hasta Pandangusthasana Prep—Have students stand and hold the shin of a bent leg pulling the thigh up towards the abdomen. To improve balance, Instruct on how to engage the abdominal muscles and work on stabilizing the foot and ankle of the standing leg.*