

## LEVEL 1/2



### PEAK:SIRSASANA/ SIRSASANA PREP

Savasana  
(with block supporting head and thoracic spine)

Eka Pada Apanasana

Eka Pada (*Abdominals*)

Jathara Parivatanasana (with knees bent)

Eka Pada Apanasana

Bidalasana

Balasana

Adho Mukha Svanasana

Uttanasana

Crescent Lunge (knee on floor)

Surya Namaskar A (3x)

Utkatasana

Garudasana

Standing Pose Vinyasa:

Parsvakonasana (R & L)

Vinyasa (face back of room)

Vira II (R & L)

Vinyasa (face front of room)

Surya Namaskar B (2x)

Virabhadrasana I (hold 5 breaths)

Salabhasana Variations:

-alternate arm/leg

-arms side front

-hands behind head

Urdhva Mukha Svanasana (hold 5 breaths)

Adho Mukha Svanasna

Parvritta Parsvakonasana

Adho Mukha Svanasana

Caturuanga to stomach, roll to lie on back

Abdominals:

Alternate Eka Pada...

Urdhva Prasarita Padmasana

Adho Mukha Svanasna

Uttanasana

**Sirsasana/Sirsasana Prep**

Balasana

Eka Pada Rajakpotasana

Upavista Konasana

Parvritta Janu Sirsasana

Pascimottanasana

Setu Bhandha Dandasana

-support pelvis, for modified

Salamba Sarvangasana

Simple Twist

Savasana

### Notes:

*This sequence emphasizes back extension and awareness of the thoracic spine as a foundation for Sirsasana. Take time to thoroughly introduce Sirsasana. Dolphin and Sirsasana prep with a block against the wall can also be instructed depending on the level of students.*

*Choose any variations of Salabhasana you think appropriate for your class or to emphasise specific actions.*

*The "Standing Pose" vinyasa is creative way to practice these asanas and change the students' orientation in the room. Hold each standing pose for 5 breaths, use SNA to transition.*