

Level 1

Peak: Shoulder Stand Prep/Salamba Sarvangasana



Savasana
-Breathe awareness
Supta Pandangusthasana
Eka Pada Apanasana
(Add light abdominals if appropriate)
Bidasana
Adho Mukha Svanasana
Balasana
Alternate Arm/Leg Extension
Adho Mukha Svanasana
Plank
Adho Mukha Svanasana
Tadasana
½ Sun Salutes
High Lunge (hands on blocks)
Ardha Caturaunga (Plank)
Salabhasana
(Arms in Prasaritita C, using a strap) (2x)
Bujangasana
(Repeat dynamically)
Adho Mukha Svanasana
Trikonasana
Virabhadrasana II
Parsvotanasana Prep (hands on blocks)
½ Adho Mukha svanasana at the wall
-emphasis on alignment
-repeat with alternate leg up
Uttanasana
Balasana
Setu Bhanda (2 – 3x)
-Variations, hands holding edges of mat
-using a strap
-interlace fingers, etc

Shoulder stand Prep at the wall*

Thread the needle at the wall (2x)
Simple Twist
Savasana

Notes:

Salamba Sarvangasana Prep*---This variation of shoulder stand is very accessible to beginners. Essentially it's Setu Bhanda (Bridge Pose) with the feet pressing against the wall. Lie down and place feet hip width apart on the wall. Inhale, press the feet against the wall and lift the pelvis. Bend the elbows and place hands on the thoracic spine. The legs can stay bent, or straightened with heels resting on the wall. Stronger students can balance with the legs away from the wall.

The primary benefits of this variation are that students are able to use the power of the legs to lift the hips and avoid the limitations beginners experience with Halasana (tight hamstrings, weak abdominals, etc). I instruct this with blankets; however, I will admit that this is challenging since students will most likely have to come in and out of the pose to adjust the blankets. This is ok since it provides an opportunity for you to teach technique, make individual adjustments, and for your students to learn. I leave the strap out to make things less complicated.