



repeat left

repeat 5 times

natarajasana level 1-2

lunge 1

lunge two level 1

lunge two level 2

hanumanasana level 1

hanumanasana level 2

hanumanasana level 3

lunge 1

lunge two level 1

lunge two level 2

hanumanasana level 1

hanumanasana level 2

hanumanasana level 3

setu bandhasana half back bend

urdhva dhanurasana full backbend

happy baby

uddhyamukha paschimottasana level 1

uddhyamukha pasch level 2

supta padangustasana level 1

supta padangustasana level 2

supta padangustasana II

supta padangustasana III

supta padangustasana level 1

supta padangustasana level 2

supta padangustasana II

supta padangustasana III

salamba saryangasana level 1

salamba saryangasana level 1

halasana level 1

halasana level 2

ardha matsyendrasana level 1 (level 2 bind)

parivrtta gomukhasana level 1 double pigeon - sukhasana (legs crossed)

double pigeon level two

ardha matsyendrasana level 1 (level 2 bind)

parivrtta gomukhasana

level 1 double pigeon - sukhasana (legs crossed)

double pigeon level two

alternate nostril (nadi shodhana) sukhasana (legs crossed)

alternate nostril (nadi shodhana) with lotus option

meditative soul nectar normal breathing

santosha, gratitude

savasana, deep relaxation

**Understanding The All Levels Thing:**

- 1) Finding mental Bliss. Never lose sight that one of the main things we are trying to access is a calm, accepting state of mind.
- 2) Listening to your body: Start with the simpler versions of the poses. Find your alignment and focus. Move on, only if the breath is fluid. Let your body and mind work together. You have to take control of what you need in each pose ?ignoring feedback will hurt you eventually and it makes the practice no fun at all.

**Getting into the Poses.:**

- 1) Preparation is key. Take 3 breaths to find a place that is challenging, but comfortable.
- 2) Steady and Comfortable. Stay in the pose for 5 breaths Find a feeling of lightness and freedom in each poses.

**Transitions:**

- 1) Make them as graceful as you can. How you move indicates what is happening in your mind.
- 2) Vinyasas (upward / downward dog cycles are great for creating heat, fitness and flow) ?if you get tired, skip them.