

Asanas to Know

These are the asanas that you will need to satisfactorily understand and demonstrate. You will either work in person with a Shanti Faculty Member, or submit a media file of yourself in each of these asanas or a suitable modification of the pose. To be checked off, you need to know the Asana Name, Modifications/Contraindications, Position, Cues (Key Impressionable Actions), Function, Key Muscular/Skeletal Actions, Kramas, and Release Valves, as well as be able to demonstrate the pose or modified version.

Completion of the Fundamental I & II Asana Worksheets (available at www.shantiyogastudio.org/course-materials/) will prepare you for your Asana Check-Off, and should be done prior to working with a Shanti Faculty Member or compiling your personal media file.

Fundamentals of Yoga Asanas I

1. Tadasana - Mountain Posture
2. Ardha Chandrasana I - Half Moon I
3. Uttanasana - Standing Forward Fold
4. Vrksasana - Tree
5. Utkatasana - Powerful Pose
6. Parsvottanasana - Pyramid/Intense Side Stretch
7. Virabhadrasana I - Warrior I
8. Adho Mukha Svanasana - Downward Facing Dog
9. Trikonasana - Triangle
10. Parsvakonasana - Side Angle
11. Prasarita Padottanasana - Wide Legged Forward Bend
12. Virabhadrasana II - Warrior II
13. Sukhasana - Easy Seated
14. Dandasana - Staff
15. Paschimottanasana - Seated Forward Fold /Intense Stretch of the West
16. Savasana - Corpes/Final Relaxation

Fundamentals of Yoga Asanas II

1. Virasana - Hero
2. Setu Bandha Sarvangasana - Bridge
3. Chataranga Dandasana - Four Limbs Staff
4. Salabhasana - Locust
5. Bhujangasana - Cobra
6. Parighasana - Gate
7. Ustrasana - Camel
8. Dhanurasana - Bow
9. Urdhva Mukha Svanasana - Upward Facing Dog
10. Urdhva Dhanurasana - Upward Bow
11. Parivrrta Trikonasana - Revolved Triangle
12. Marichyasana I - Sage Twist I
13. Marichyasana III - Sage Twist III
14. Ardha Chandrasana II - Half Moon II
15. Adho Mukha Vrksasana - Downward Facing Tree
16. Sirsasasana I - Head Stand I
17. Sarvangasana - Shoulderstand

Creating a Video with your Phone and Sharing it via Google Drive Folder:

- + create video using your phone propped up on a shelf, chair, etc...
- + download video from phone to laptop so you can access it for adding to the Google Docs folder (I connected my iPhone to my Mac laptop with a USB cord)
- + create new Google Drive folder
- + share folder with Debbie via email
- + drag or upload video from your laptop to the Google Drive folder
- + share specific video with Debbie (this will send her an email that it's available to view)

Here are some good tips/articles to help if needed:

Its okay if you don't have [gmail.com](https://www.gmail.com) email account - there is a way to create a Google Account to access Google Drive.

Further explanation:

Instead of being required to have a Gmail account, users only need a Google account. Users can set up Google accounts with any email address. When you want to set up a Google account, you simply navigate to the new account page and then enter your existing email address, password and other personal information. This allows you to access any of the products that Google offers for free, such as Docs, AdSense and Webmaster Tools.

Can you share a Google Drive folder with a non Google account?

Each user **will** receive an email notifying them that a file or **folder** has been **shared** with them. ...
IMPORTANT NOTE: Files and **Folders shared** with **non-Google/non-Gmail accounts will** be granted View privileges only. **They will** not be able to edit or comment.

How to Share folders in Google

Drive: <https://support.google.com/drive/answer/7166529?co=GENIE.Platform%3DDesktop&hl=en>