

FULL SPECTRUM YOGA CLASS

GENERAL TEMPLATE

PREPATORY POSTURES

balasana
AMS
AMS lunge
Revolved lunge
Plank
Salabhasana
AMS
Forearms to floor 1, 2
Plank
Salabhasana
AMS

STANDING POSES

Parvsvakonasana, forearm to thigh
Trikonasana
Parsvakonasana
Revolved triangle
Virabhardrasana I
Parvsvottanasana
AMS

ABS

Plank
twisted plank

HIP OPENING/LEG STRETCHING

Eka pada ananda balasana
succirandrasana
garudasana twist

ARM BALANCES

Eka hasta bhujasana
eka pada koundinyasana
visvamtirasana variation
eka pada koundinyasana 2

FORWARD BENDS

Supta padangustansana
baddha konasana
upavista konasana
janu sirasana
paschimottanasana

BACKBENDS

Windshield wipers
pigeon prep
pigeon with thigh stretch
Ustrasana
setu bandu sarvangasana
urdhva danurasana

CLOSING POSTURES

AMS
balasana
sukhasana – twist
sukhasana – forward fold
constructive rest
savasana