

Basic Sequence for All Levels

1. Simple cross-legged seat
2. Mountain Pose (upward bound fingers) in simple cross-legged seat
3. Cow-face arms in Hero Pose
4. Downward Facing Hero
5. Downward Facing Dog
6. Half Intense Stretch (concave back standing forward fold)
7. Intense Stretch (standing forward fold, head down)
8. Mountain Pose
9. Upward Hands in Mountain pose
10. Fierce Pose (chair pose)
11. Triangle Pose
12. Revolved Triangle Pose
13. Intense Stretch to the Side (concave back and head down)
14. Intense stretch to the Side (palms joined behind back)
15. Two-Limbed Reverse Staff Pose (on chair)
16. Seated spinal twist
17. Staff Pose
18. Seated Angle Pose
19. Bound Angle Pose
20. Plow Pose
21. Supported All-Limbs Pose (shoulder balance)
22. Intense Stretch of the West (seated forward fold)
23. Victorious Breath II (lengthened exhale) on bolster
24. Corpse Pose

Upbeat Movement: Intro I/II Sequence

1. Upward Stretched-out-Legs Pose > Reclining Hand-to-Big Toe Pose 1 & 2
2. Four-Limbed Staff Pose > Locust Pose
3. Mountain Pose > Fierce (chair) Pose
4. Triangle Pose
5. Warrior 2 Pose
6. Side Angle Pose
7. Warrior 1 Pose
8. Intense Stretch to the Side Pose
9. Spread-out-Legs Intense Stretch Pose
10. Seated Angle Pose > Bound Angle Pose
11. Head-to-Knee Pose
12. Plow Pose
13. Corpse Pose

Age 50+ Intermediate Class

1. Simple cross-legged seat
2. Downward Facing Dog Pose (with support)
3. Reclining Hand-to-Big Toe Pose 1 & 2
4. Reclining Mountain Pose with Upward Hands
5. Intense Stretch of the West Pose (seated forward fold on chair)
6. Seated spinal twist (on chair)
7. Upward Hands in Mountain Pose > Half Intense Stretch (concave back standing forward fold with chair)
8. Scoliosis stretch
9. Staff Pose
10. Head-to-Knee Pose
11. Seated forward bend with one knee bent up
12. Seated spinal twist with one knee bent up
13. Intense Stretch of the West Pose (seated forward fold)
14. Corpse Pose

Gentle Backbends

1. Downward Facing Hero Pose
2. Thunderbolt Pose
3. Hero Pose
4. Reclining Hero Pose
5. Reclining Hand-to-Big Toe Pose
6. Mountain Pose
7. Hold upper hooks, arch back, lean forward
8. Ropes 1
9. Ropes 2
10. Cow-Face arms in Mountain Pose
11. Downward Facing Dog Pose
12. Upward Facing Dog Pose
13. Intense Stretch to the Side Pose
14. Warrior 1 Pose
15. Chair, Two-Limbed Reversed Staff Pose
16. Seated spinal twist
17. Camel Pose
18. Cobra Pose
19. Locust Pose
20. Bow Pose
21. Seated spinal twist
22. Four-footed Pose (on shoulder balance blankets)
23. Supported All-Limbs Pose (shoulder balance)
24. Plow Pose
25. Head-to-Knee Pose
26. Corpse Pose

Flow and Go: Standing Pose Sequence for All Levels

Section 1

1. Mountain Pose
2. Upward Hands Pose
3. Upward Joined Palms Pose
4. Cow-face arms Pose
5. Joined palms on the back

Section 2

6. Tree Pose
7. Fierce (chair) Pose
8. Cow-face arms
9. Extended Triangle Pose
10. Warrior 2 Pose
11. Extended Side-Angle Pose
12. Half Moon Pose

Section 3

13. Warrior 1 Pose
14. Warrior 3 Pose
15. Revolved Triangle Pose
16. Revolved Side-Angle Pose
17. Revolved Half Moon Pose
18. Intense Stretch to the Side Pose

Section 4

19. Spread-out-Legs Intense Stretch Pose (hands down & palms joined behind back)
20. Intense Stretch Pose (standing forward fold)
21. Big Toe Pose (standing forward fold holding big toes)
22. Foot on Hand Pose (standing forward fold with palms under feet)
23. Downward Facing Dog Pose

Section 5

24. Extended to the Side, Hand-to-Big Toe Pose
25. Extended Hand-to-Big Toe Pose

26. Revolved Hand-to-Big Toe Pose

27. Half Bound Lotus Intense Stretch Pose

Ending the Sequence

Scenario 1

1. Supported Bridge Pose
2. Reversed Energy Pose
3. Corpse Pose

Scenario 2

1. Headstand
2. Shoulder Balance
3. Plow Pose
4. Corpse Pose

Scenario 3

1. Headstand with variations
2. Shoulder Balance with variations
3. Corpse Pose

Balance, Resilience, and Equanimity

1. Easy Seat
2. Downward Facing Hero Pose
3. Downward Facing Dog Pose
4. One-Legged Downward Facing Dog Pose
5. Intense Stretch Pose (standing forward fold)
6. Upward Stretch-Out One-Legged Pose
7. Mountain Pose
8. Upward Hand Pose
9. Upward Bound Fingers Pose
10. Half Intense Stretch Pose (concave back standing forward fold)
11. Warrior 3 Pose
12. *Extended Hand-to-Big Toe Pose
13. *Supported
14. Tree Pose
15. Extended-to-the-Side Hand-to-Big Toe Pose
16. Half Moon Pose
17. Revolved Hand-to-Big Toe Pose
18. Intense Stretch to the Side Pose
19. Revolved Triangle Pose
20. Revolved Half Moon Pose
21. Intense Stretch Pose (standing forward fold)
22. Staff Pose
23. Both Big Toes Pose
24. Reclining Mountain Pose
25. Upward Stretched-Out Legs Pose
26. Reclining Hand-to-Big Toe Pose 1 (right leg)
27. Upward Stretched-Out Legs Pose
28. Reclining Hand-to-Big Toe Pose 1 (left leg)
29. Upward Stretched-Out Legs Pose
30. Reclining Hand-to-Big Toe Pose 2 (right leg)

31. Upward Stretched-Out Legs Pose
32. Reclining Hand-to-Big Toe Pose 2 (left leg)
33. Upward Stretched-Out Legs Pose
34. Intense Abdomen Turning Pose
35. Headstand
36. One-Legged Headstand
37. One Leg to-the-side Headstand
38. Shoulder Balance
39. Plow Pose
40. Whole Body Bridge Pose
41. Reversed Energy Pose
42. Reclining simple cross-legged seat
43. Corpse Pose

Intermediate Junior III Sequence

1. Downward Facing Dog Pose
2. Intense Stretch Pose (standing forward fold)
3. Mountain Pose
4. Extended Triangle Pose
5. Revolved Triangle Pose
6. Extended Hand-to-Big Toe Pose > Extended-to-the-Side Hand-to-Big Toe Pose > Revolved Extended Hand-to-Big Toe Pose
7. Half-Bound Lotus Intense Stretch Pose
8. Spread-out-Legs Intense Stretch Pose 1
9. Downward Facing Tree (full arm balance)
10. Peacock Feather Pose (forearm balance)
11. Supported Headstand 1
12. One Leg to-the-side Headstand
13. Revolved One-Legged Headstand
14. Headstand 2 (tripod)
15. Intense Abdomen Turning Pose
16. Seated Angle Pose
17. Seated Angle Pose to the side
18. Revolved Seated Angle Pose
19. Revolved Head-to-Knee Pose
20. Half-Bound Lotus Intense Stretch of the West/Back
21. Revolved Intense Stretch of the West/Back
22. Garland Pose
23. Arm Pressure Pose
24. Towards-the-Ear Bow Pose 2
25. Tortoise Pose 2
26. One Foot over the Head Pose
27. Half Lord of the Fishes Pose
28. Forward fold with one leg in lotus and one knee bent in Marichyasana
29. Upward Facing Dog Pose

30. Camel Pose
31. Upward Bow Pose
32. Two Limbed Reversed Staff Pose
33. Downward Facing Dog Pose
34. Supported Whole Body Pose (shoulder balance)
35. Upward Lotus in Whole Body Pose
36. Embryo in Whole Body Pose
37. Whole Body Supported Bridge Pose
38. Supported Whole Body Pose
39. Plow Pose
40. Intense Stretch of the West/Back (seated forward fold)
41. Corpse Pose

A Sequence for Inner Strength

1. Downward Facing Tree (handstand)
2. Sun Salutations
3. Extended Side-Angle Pose
4. Warrior 2 Pose
5. Half Moon Pose
6. Warrior 1 Pose
7. Warrior 3 Pose
8. Intense Stretch Pose (standing forward fold)
9. Supported Headstand 1 & 2
10. Garland Pose
11. Crane Pose
12. Headstand 2 > Crane Pose
13. Half Lord-of-the-Fishes Pose
14. Four Footed Pose
15. Corpse Pose

Be Like Water

1. Reclining simple crossed-legs
2. Victorious Breath 1 (even inhale and exhale)
3. Against the Hair (interrupted inhalation)
4. Downward Facing Dog Pose (head support)
5. Intense Stretch to the Side Pose
6. Revolved Triangle Pose
7. Revolved Side-Angle Pose
8. Spread-out-Legs Intense Stretch Pose 1
9. Headstand
10. Seated forward extension with one knee bent up
11. Seated Angle Pose
12. Seated Angle Pose, narrowing 3-4 times
13. Tortoise Pose
14. Intense Stretch of the West (seated forward fold)
15. Four-Footed Pose
16. Plow Pose
17. Supported Whole Body Pose
18. Corpse Pose

Sacred Sacrum Sequence

1. Garland Pose
2. Reclining Hero Pose
3. Downward Facing Dog Pose
4. Reclining Tree Pose
5. Reclining Tree Pose
6. Reclining Half Lotus Pose
7. Reclining Cow-face Pose
8. Downward Facing Dog Pose
9. Reclining Hand-to-Big Toe Pose 1
10. Reclining Hand-to-Big Toe Pose 1
11. Downward Facing Dog Pose
12. Downward Facing Dog Pose
13. Plank Pose
14. Intense Stretch of the East
15. Prone Corpse Pose
16. Corpse Pose on wedges

Restorative Sequence with Horizontal Expansion

1. Simple cross-legged seat
2. Simple cross-legged seat
3. Downward Facing Hero Pose
4. Downward Facing Dog Pose
5. Downward Facing Hero Pose
6. Downward Facing Dog Pose
7. Mountain Pose with Cow-Face Pose arms
8. Spread-out-Legs Intense Stretch Pose 1
9. Bound Hands Intense Stretch Pose (standing forward fold)
10. Seated spinal twist (on chair)
11. Two-Limbed Reversed Staff Pose (on chair)
12. Seated spinal twist (on chair)
13. Whole Body Pose (shoulder balance, on chair)
14. Half Plow Pose
15. Corpse Pose

Sequence for Menses: Deep Rest

1. Downward Facing Hero Pose
2. Lie over horizontal support
3. Simple cross-legged pose /Half Lotus Pose/Lotus Pose
4. Reclining Bound Angle Pose
5. Hero Pose
6. Reclining Hero Pose
7. Reclining Hand-to-Big Toe Pose 2
8. Reclining Hand-to-Big Toe Pose 1
9. Seated spinal twist
10. Seated Angle Pose
11. Bound Angle Pose
12. Head-to-Knee Pose
13. Intense Stretch of the West (seated forward fold)
14. Whole Body Bridge Pose
15. Corpse Pose

Return to Fullness

1. Downward Facing Hero
2. Downward Facing Dog Pose
3. Intense Stretch Pose (standing forward fold)
4. Intense Stretch to the Side Pose
5. Spread-out-Legs Intense Stretch Pose
6. Headstand > Intense Stretch Pose (standing forward fold)
7. Spread-out-Legs Intense Stretch Pose
8. Intense Stretch Pose (standing forward fold)
9. Intense Stretch to the Side Pose
10. Head-to-Knee Pose > Intense Stretch of the West (seated forward fold)
11. Plow Pose/Supported Whole Body Pose (shoulder balance)/Plow Pose/Reclining Angle Pose
12. Head-to-Knee Pose > Intense Stretch of the West (seated forward fold)
13. Chair Whole Body Pose (shoulder balance)
14. Downward Facing simple cross-legged pose
15. Reversed Energy Pose, legs in Seated Angle Pose the Bound Angle Pose
16. Corpse Pose in Reclining simple cross-legged pose