

Wall-Sit or Monkey Horse Stance
Ten to Twenty Pull-ups
Two sets of Push-ups

Chant to Patanjali

Aum
Vandeh Gurunam
Charanaravindeh Sandarashita
Svatmasukhava Bodehh
Nishreyaseh Jangalikayamaneh
Samsara Halahala Mohashantyai

Abahu Purushakaram
Shankhachakrasi Dharinam
Sahasra Shirasam Shvetam
Pranamami Patanjalim
Aum

Surya Namaskara... ***Sun Salutations***

A series, 4 times

Samasthiti—exhale... Equal Stance
Tadasana—inhale... Mountain
Uttanasana—exhale... Intensity
Ardha Uttanasana—inhale... Half Intensity
Chaturanga Dandasana—exhale... Four Armed Staff
Urdhva Mukha Svanasana—inhale... Upward Facing Dog
Adho Mukha Svanasana—exhale... Downward Facing Dog
Stay for Five Breaths
Exhale, Bend Knees
Inhale, Jump Forward into Ardha Uttanasana—inhale... Half Intensity
Uttanasana—exhale... Intensity
Tadasana—inhale... Mountain
Samasthiti—exhale... Equal Stance

B series, 4 times

Samasthiti—exhale, Bend Knees, Touch Floor with Fingers
Utkatasana—inhale... Fierce
Uttanasana—exhale... Intensity
Ardha Uttanasana—inhale... Half Intensity
Chaturanga Dandasana—exhale... Four Armed Staff
Urdhva Mukha Svanasana—inhale... Upward Facing Dog
Adho Mukha Svanasana—exhale... Downward Facing Dog
Virabhadrasana One, Right Foot Forward—inhale... Warrior One
Chaturanga Dandasana—exhale... Four Armed Staff
Urdhva Mukha Svanasana—inhale... Upward Facing Dog
Adho Mukha Svanasana—exhale... Downward Facing Dog
Virabhadrasana One, Left Foot Forward—inhale... Warrior One
Chaturanga Dandasana—exhale... Four Armed Staff
Urdhva Mukha Svanasana—inhale... Upward Facing Dog
Adho Mukha Svanasana—exhale, Stay for Five Breaths... Downward Facing Dog

Watering Dog on First Long Downward Dog... Lift Right Leg and Lean to the Left, Switch Sides
Push-Me-Pull-Me on Third Long Downward Dog... Reach Underneath to Grab Right Ankle with Left Hand, Switch Sides
Exhale, Bend Knees
Inhale, Jump forward into Ardha Uttanasana—inhale... Half Intensity
Uttanasana—exhale... Intensity
Utkatasana—inhale... Fierce
Tadasana—inhale... Mountain
Samasthiti—exhale... Equal Stance

Standing Asanas

Padangusthasana... Hand to Big Toe
Hasta Padasana... Hand under Foot
Hasta Shashakasana... Standing Rabbit

Virabhadrasana Two... Warrior Two
Utthita Parshvakonasana... Intense Side Angle
Dwi Hasta Prasrita Parshvakonasana... Two Hands Extended Side Angle
Baddha Parshvakonasana... Bound Side Angle
Baddha Trikonasana... Bound Triangle
Baddha Ardha Chandrasana... Bound Half Moon
Baddha Natyasana... Bound Dancer
Natyasana... Dancer
Second side

Parivritta Parshvakonasana... Revolved Side Angle
Baddha Parshvakonasana... Bound Revolved Side Angle
Baddha Parivritta Trikonasana... Bound Revolved Triangle
Baddha Parivritta Ardha Chandrasana... Bound Revolved Half Moon
Baddha Parivritta Natyasana... Bound Revolved Dancer
Parivritta Natyasana... Revolved Dancer
Second Side

Alternate Those Binds With These Arm Balances Every Other Day

Parivritta Parshvakonasana... Revolved Side Angle
Eka Pada Koundinyasana One... Legs Split and Extended In Honor of the Sage Kaundinya
Dwi Pada Koundinyasana... Legs Together and Extended in Honor of Kaundinya
Parshva Bakasana... Sideways Crane
Eka Pada Koundinyasana Two... Second Variation of Split Leg Honoring Sage Kaundinya
Ashtavakrasana One... Upright Honoring the Sage Crooked in Eight Places
Ashtavakrasana Two... Lowered Honoring the Sage Crooked in Eight Places
Ashtavakrasana One... Upright Honoring the Sage Crooked in Eight Places
Eka Pada Koundinyasana Two... Second Variation of Split Leg Honoring Sage Kaundinya
Chaturanga Dandasana... Four Armed Staff
Urdhva Mukha Svanasana—inhale... Upward Facing Dog
Adho Mukha Svanasana—exhale... Downward Facing Dog
Second side Starting With Parivritta Parshvakonasana

Prasarita Padottanasana... Extended Intense Legs
A—Hands Behind Feet, Head to the Floor Between Feet
B – Hands Behind Back, Palms Pressing Together in Namaste, Head on Floor
C—Hands Interlocked behind the Back and brought to the Floor

D—Grab Big Toes, Head to the Floor between Feet
Samakonasana... Same Angle—James Brown Splits—Middle Splits

Utthita Hasta Padangusthasana... Intense Hand to the Big Toe
Front, Side, Center: Hold Foot with Both Hands, Kiss Shin
Hold Leg Extended at Hip Height
Bend and Straighten Leg, 10x
Lift and Lower Straight Leg, 10x
Natarajasana... King of Dancers
Second side

Eka Pada Galavasana... One Foot Arm Balance Honoring the Sage Galava
A—Foot Low, B—Foot High, C—Foot Forward
Or Ardha Baddha Padmottanasana... Half Bound Intense Standing Lotus
Second side

Utkatasana... Fierce, also known as Chair
Bakasana... Crane

Vinyasa: Chaturanga Dandasana—exhale, Urdhva Mukha Svanasana—inhale, Adho Mukha Svanasana—exhale, Jump through to Dandasana.
Transition Sequence: Four Armed Staff—exhale, Upward Facing Dog—inhale, Downward Facing Dog—exhale, Jump through to Sitting.

Seated Asanas

Paschimottanasana A—Grab Big Toes... Intense Back Lengthening
Paschimottanasana B—Grab Wrist Beyond Feet, or Hold Onto One Block or Two Beyond Feet
Use Hands to Point Toes Over like a Ballet Foot Stretch
Purvottanasana... Intense Front Lengthening
Vinyasa

Eka Pada Raja Kapotasana... One Foot King Pigeon
Ardha Baddha Padma Paschimottanasana... Half Bound Lotus Intense Forward Bend
Ardha Matsyendrasana Two... Half Lord of the Fishes, Second Variation
Or Eka Pada Sirsasana... One Foot Behind the Head
Skandasana... God of War—Foot Behind the Head Folding Forward
Vinyasa
Second side, Vinyasa

Hanumanasana... In Honor of the Monkey Hero Hanuman—Gymnast Splits
Vinyasa
Second side, Vinyasa

Marichyasana One Or Two... In Honor of the Sage Marichi
Vinyasa
Second side, Vinyasa

Ardha Matsyendrasana... Half Lord of the Fishes
Or Marichyasana Three Or Four... In Honor of the Sage Marichi
Vinyasa
Second side, Vinyasa

Navasana, 5x... Boat, Alternating with Lolasana, 5x... Pendulum
Straight Leg Twisting Leg Lifts, 25x... Running with Scissors
Jatara Parivartanasana, 20x... Belly Rolling
Vinyasa

Bhujapidasana... Shoulder Pressure Arm Balance
Adho Mukha Bhujapidasana... Downward Facing Shoulder Pressure Arm Balance
Tittibhasana Two... Firefly— Legs Pointing Horizontally
Bakasana... Crane
Vinyasa

Kurmasana... Tortoise
Supta Kurmasana... Sleeping Tortoise
Dwi Pada Sirsasana... Two Feet Behind the Head Arm Balance
Tittibhasana One... Firefly— Feet Pointing to Sky
Tittibhasana Two... Firefly— Feet Pointing Horizontally
Bakasana... Crane
Vinyasa

Baddha Konasana... Bound Angle
Upavishtha Konasana... Seated Angle

Handstands and Backbends

Adho Mukha Vrikshasana, 3x... Downward Facing Tree—Handstand
Eka Hasta Adho Vrikshasana, Both Sides... One Handed Handstand
Parivritta Adho Mukha Vrikshasana... Revolving Handstands, Walking in Circles on Hands

Shalabhasana... Locust, Bend Knees, Interlock Hands over Sacrum
Vinyasa

Bhekasana... Frog
Vinyasa

Dhanurasana... Archer's Bow
Vinyasa

Ustrasana... Camel
Vinyasa

Laghu Vajrasana, 5x... Little Thunderbolt
Supta Virasana... Reclining Hero

Urdhva Dhanurasana, 3 to 9x... Upward Archer's Bow, also called Backbend and Wheel
Eka Pada Urdhva Dhanurasana... One Foot Upward Bow
Chakrasana... Wheel— Stand Up From Backbend
Viparita Chakrasana... Rolling Wheel— From Handstand Lower Feet into Backbend, Then Stand Up, Lean Backward, Place Hands on Floor and Kick the Feet Over the Head

Vrishchikasana Two... Scorpion Handstand
Vinyasa

Supta Padangusthasana A, B, C... Reclining Hand to Big Toe—Front, Side, Kiss Shin
Second Side

Inversions

Salamba Sarvangasana, 20 Breaths... All Limbs with Support—Shoulder Stand
Halasana, 5 Breaths... Farmer's Plough
Karna Pindasana, 5 Breaths... Ear Pressure
Uttana Padasana, 5 Breaths... Legs Stretched Out

Salamba Shirshasana, 20 Breaths... Supported Head Stand
Ardha Shirshasana, 5 Breaths... Half Head Stand
Salamba Shirshasana... Head Stand
Balasana... Child's Pose
Vinyasa

Baddha Padmasana... Bound Lotus
Yoga Mudrasana... Seal of the Yogi

Seated Meditation in Padmasana, 3 Minutes... Lotus
Kapala Bhati, 20 Rapid exhales... Skull Shining while in Tolasana... Scales
Padma Mayurasana... Lotus Peacock
Mayurasana... Peacock
Vinyasa

Shavasana, 5 to 10 minutes... Corpse
Or Viparita Karani... Waterfall