

SEQUENCE FOR UN INTERNATIONAL YOGA DAY

21ST JUNE 2020 – LEVEL 2

Level 2 we assume you have a minimum of 6 months experience in class and will know what supports you may need.

For use with accompanying audio **please avoid any poses not already practiced in class.**



1) TADASANA



2) NAMASKARASANA



3) URDVA HASTASANA



4) UTTANASANA



5) ADHO MUKHA SVANASANA



6) URDHVA MUKHA SVANASANA



7) UTTANASANA



8) TADASANA



9) TRIKONASANA



10) PARSVAKONASANA 2



11) VIRABHADRASANA 1



12) PARIVRTTA TRIKONASANA



13) PARSVOTTANSANA



14) PRASARITTA PADOTTANASANA



15) DANDASANA



16) JANUSIRSASANA



17) ADHO MUKHA UPAVISTHA KONASANA



18) VIRASANA - PARVATASANA



19) SWASTIKASANA - PARVATASANA



20) DANDASANA - PARSVA



21) BHARADVAJASANA 2



22) MARICHYASANA 3



23) URDHVA MUKHA SVANASANA



24) DHANURASANA



25) USTRASANA



26) ADHO MUKHA SVANASANA



27) SIRSASANA



28) SARVANGASANA



29) HALASANA



30) CHATUSHPADASANA – do with knees bent feet on floor



31) SETUBHANDA



32) SAVASANA



33) Sitting Meditation

