

# COURSE DAILY THEMES

October 12th – focus on standing postures

Tadasana – mountain seat

Uttanasana – standing forward bend

Adho mukha shvanasana – downward facing dog

Trikonasana – triangle

Virabhadrasana 2 – warrior 2

Virabhadrasana 1 – warrior 1

Vrkshasana – tree pose

Viparita Karani – “attitude reversal”

Shavasana – final relaxation

October 13th – focus on seated forward bends

Surya namaskar – variation of sun salutation

Paschimottanasana – seated forward bend

Janu shirshasana – head of knee down seat

Agnistambhasana – ankle to knee pose

Ardha matsyendrasana – half seated spinal twist

Salamba sarvangasana – shoulderstand

Halasana – plough seat

Matsyasana – fish pose

Shavasana – final relaxation

October 14th – focus on back bends

Surya namaskar – sun salutation

Shalabhasana – locust seat

Dhanurasana – bow seat

Ardha urdhva dhanurasana – half-wheel

Urdhva dhanurasana – wheel

Jathara parivartanasana – supine twist

Salamba sarvangasana – shoulderstand

Shavasana – final relaxation

October 15th – focus on “Putting it all together and turning it upside down”

What is mantra?

Breath work – ujjayi breath

What is mula bandha (root lock)?

Surya namaskar – sun salutation

Handstand variation (90 degree angle against a wall)

Salamba sarvangasana sequence – shoulderstand, plough, fish seat

Shavasana – final relaxation

