



Full Spectrum Asana Sequence

Theme: You're the Top

(Feature Camel Pose- the pose of the month)

*Build big energy with a focus on top of the thigh, hip flexors and quads

Props: Blanket, blocks and strap

Begin in Heart Bench (3 mins)

Seated Twist in Sukhasana (right + left)

Dynamic Locust Pose to build the inhalation

- First round inhale 5 to Locust, exhale 5 to release and bring hands to sacrum
- Repeat with 6, 7, and 8 and keep the exhale at 5

Child's Pose → Downward Dog

Surya Namaskar A with Anjaneyasana variation (3 rounds)

- On 4th round add in Screaming Pigeon variation (heel to rear, grab foot with both hands or use strap) → Crescent Lunge
- Repeat on 5th round and from Crescent Lunge take an open twist

Natarajasana (Dancer Pose) → Standing Split

Vinyasa

Repeat Left Side

Vinyasa

Repeat: Natarajasana (Dancer Pose) → Standing Split → option to bind in Standing Split

Vinyasa

Repeat Left Side

Warrior II → Side Angle with Bind → Triangle with bind → Wide Leg Forward Fold with Bind

Repeat Left Side

Malasana → Baby Crow or Crow Pose

Vinyasa option → child's pose

Headstand with leg variations

Pigeon → King Pigeon (can use strap)

Camel Pose (2 rounds) → Child's Pose

Half Hero Pose with knee bent, right foot on earth → Heron Pose → Revolved Heron Pose → Forward fold (in half hero)



Atha Yoga Training

Repeat Left

Hero Pose → Option to Recline → Option to Kapotasana

Paschimottanasana

Reclined Twist

Reclined Baddha Konasana

Savasana