

Full Spectrum Asana Sequence

Theme: Total Wellness

(Featuring Ardha Chandrasana - the pose of the month)

*Create a sense of total wellness by working the seven energetic segments of the body

Props: Blanket, blocks and strap

Sequence:

Begin in Savasana (honoring the base segment) with sama vritti pranayama

Table pose → hip circles (2nd segment) → cat/cow → spinal balance (3rd segment) → kneeling Side plank (option to take the backbend) → Gate Pose → funky childs pose → reverse out (full circle)

Repeat left side

Surya Namaskar A with Anjaneyasana + Ardha Hanumanasana (3 rounds)

Swaying Palm Tree/Steeple Pose → Tree Pose with backbend (4th segment)

Low lunge → Twist → High Lunge → Warrior III → Ardha Chandrasana → Warrior II →

Peaceful Warrior → Ardha Chandrasana (option to sugar cane) → Warrior II →

Peaceful Warrior → Vinyasa

Repeat Left Side

Dolphin Pose (upper segments) → pincha mayurasana prep or full pose

Child's Pose → Cobra (Striking Cobra Sequence) 3x

Rest on Belly

Locust Pose → Rest → Dhanurasana → Rest → windshield wiper legs

Sukhasana → Ardha Matsyendrasana Twist → Gomukhasana → Paschimottanasana

Repeat Left Side

Nadi Shodhana 6 rounds

So Hum Kriya → Ajna Bhedhana → Meditate (6th and 7th segments)

Savasana