

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  
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

Utthita Trikonasana... Intense Triangle  
Utthita Parshvakonasana... Intense Side Angle  
Baddha Parshvakonasana... Bound Side Angle  
Ardha Chandrasana... Half Moon  
Second side

Virabhadrasana Three... Warrior Three  
Parivritta Ardha Chandrasana... Revolved Half Moon  
Hasta Pada Parivritta Ardha Chandrasana... Hand to Foot Revolved Half Moon  
Parivritta Trikonasana... Revolved Triangle  
Second Side

Ten Lunges  
Parivritta Parshvakonasana... Revolved Side Angle  
Second side

Prasarita Padottanasana... Extended Intense Legs  
A—Hands Behind Feet, Head to the Floor Between Feet  
C—Hands Interlocked behind the Back and Brought to the Floor  
D—Grab Big Toes, Head to the Floor between Feet

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  
Prasarita Dhanurasana... Standing Archer's Bow  
Second side

Eka Pada Galavasana... One Foot Arm Balance Honoring the Sage Galava or its Preparation  
Or Ardha Baddha Padmottanasana... Half Bound Intense Standing Lotus  
Second side

Utkatasana... Fierce, also known as Chair

**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... Intense Back Lengthening  
A—Grab Big Toes  
B—Grab Wrist Beyond Feet, or Grab Sides of 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  
Or Svastikasana... Auspicious, also known as Double Pigeon  
Vinyasa  
Second side, Vinyasa

Parighasana... Bar of the Gate  
Or Janu Shirshasana... Head of the Knee  
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  
Vinyasa  
Second side, Vinyasa

Navasana, 5x... Boat, Alternating with Lolasana, 5x... Pendulum  
Bicycle sit-ups, 50x  
Jatara Parivartanasana, 20x... Belly Rolling  
Vinyasa

Bhujapidasana... Shoulder Pressure Arm Balance  
Bakasana... Crane  
Vinyasa

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

## ***Handstands and Backbends***

Adho Mukha Vrikshasana, 3x... Downward Facing Tree—Handstands  
Or Half Handstand—Down Dog with Feet on Wall, Hands on Floor

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

Dhanurasana... Archer's Bow  
Vinyasa

Ustrasana... Camel  
Vinyasa

Supta Virasana... Reclining Hero

Setu Bandhasana... Bridge

Eka Pada Setu Bandhasana... One Foot Lifted Bridge  
Second Side

Urdhva Dhanurasana, 3 to 6x... Upward Archer's Bow, also called Backbend and Wheel

Sukha Paschimottanasana... Easy Forward Bend

### ***Inversions***

Viparita Karani... Waterfall

Or Salamba Shirshasana... Supported Head Stand, then Balasana... Child's Pose

Or Salamba Sarvangasana, 10 to 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

Seated Meditation, 3 Minutes

Shavasana, 5 minutes... Corpse

Or remain in Viparita Karani... Waterfall