

Balance and Bravery

The Virtues: Willingness and Awareness, balanced with Skillful Courage.

The Focus: Standing balances and arm balances

The Apex: Natarajasana, Parivrtta Hasta Padangusthasana, Urdhva Vrksasana, Pincha Mayurasana

SEQUENCE:

Balāsana

Adho Mukha Svanāsana

Vinyasa to Lunge Twist

Vinyasa to Crescent to Vira III

Vinyasa to Tadasana

Garudasana

Uttanasana shoulder stretch

Vira II > Parsvakonasana > Trikonasana > Ardha Chandrasana

Vinyasa to Anjaneyasana

Urdhva Vrksasana (Handstand optional)

Pincha Mayurasana (Forearm Stand optional)

Runner's Lunge

Vinyasa to Anjaneyasana thigh stretch

Vinyasa

Parsvottanasana

Utthita Hasta Padangusthasana

Parivrtta Hasta Padangusthasana

Vinyasa with Shalabhasana

Vashisthasana > Wild Thing

Down Dog to standing

Baby Natarajasana

Bakasana (Crow Pose, with any other arm balance variations you'd like to do)

Vinyasa

Balasana

Adho Mukha Svanasana

Pigeon

Uttanasana

Janu Sirsasana

Ardha Matsyendrasana

Upavistha Konasana

Baddha Konasana

Supta Padangusthasana

Twist

Savasana



*Parivrtta Hasta Padangusthasana
(Revolved Hand to Big Toe Pose)*

Balance and Bravery



Balasana: Child's Pose
breathe into your body

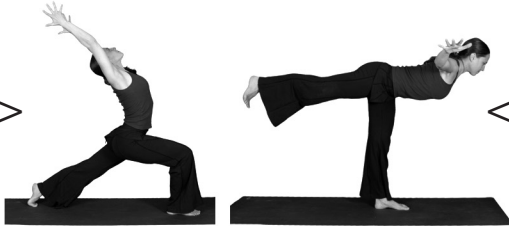
Down Dog
move as you like

< VINAYASA >



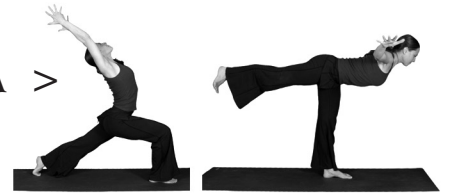
Lunge Twist on each side
transition through Down Dog

< VINAYASA >



FLOW: Crescent Lunge (Vira I) > Vira III
transition back to Crescent Lunge

< VINAYASA >



FLOW: Other side

< VINAYASA >



Uttanasana to
Tadasana

Garudasana (Eagle Pose)
both sides

Uttanasana
shoulder stretch

< VINAYASA >



FLOW: Vira II > Parsvakonasana > Trikonasana > Ardha Chandrasana
repeat FLOW on other side

< VINAYASA >



Anjaneyasana
both sides

Down Dog
enjoy your breath

Optional:
Handstand and/or
Pincha Mayurasana

Ardha Hanumanasana
Runner's Lunge

< VINAYASA >

