






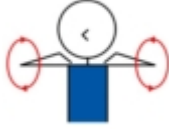




Yogic animals - Bird of Paradise

Lesson Plan Description:

Vinyasa Flow Warm up and full stretch - For All Levels

 <p>Talk</p>	 <p>Humming Bee Breath</p>	 <p>Neck Movement 1 [Greeva Sanchalana 1]</p>	 <p>Neck Movement 2 [Greeva Sanchalana 2]</p>	 <p>Neck Movement 3 [Greeva Sanchalana 3]</p>
 <p>Neck Movement 4 [Greeva Sanchalana 3]</p>	 <p>Shoulder Shrugs</p>	 <p>Shoulder Rotations</p>	 <p>Butterfly [Baddha Konasana]</p>	 <p>Butterfly Twist [Baddha Konasana (twist)]</p>



Cat Cow
[Marjaryasana]
Vinyasa , hips to the side



Cat Cow
[Marjaryasana]
Vinyasa , hips to the side



Cat (Head to Knee)
[Marjaryasana]
Crunch to outer elbow



Down Dog
[Adho Mukha Svanasana]



Mountain
[Tadasana]



Palm Tree 2
[Tadasana]



Standing Crescent
[Indudalasangha]



Mountain
[Tadasana]



Standing Forward Bend 1
[Uttanasana]



Half Way Lift 2
[Ardha Uttanasana]



Four Limbed Staff
[Chaturanga Dandasana]



Up Dog
[Urdhva Mukha Svanasana]



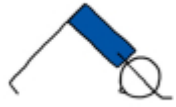
Down Dog
[Adho Mukha Svanasana]

4x

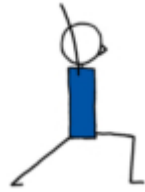
Repeat 4 Times



Squat
[Malasana]
Dynamic one leg stand



Down Dog
[Adho Mukha Svanasana]



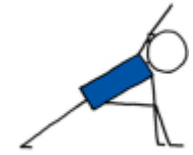
Warrior I
[Virabhadrasana I]



Warrior II
[Virabhadrasana II]



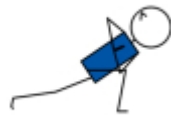
Triangle
[Trikonasana]
Hand on top hip (up and back)



Extended Side Angle 1
[Utthita Parsvakonasana]



Lunge (knee on floor)
[Anjaneyasana]
Prayer twist + lift knee



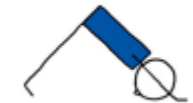
Lunge Twist
[Baddha Utthita
Parsvakonasana]



Pyramid
[Parsvottanasana]



Triangle
[Trikonasana]
Twist at the navel level



Down Dog
[Adho Mukha Svanasana]



Repeat On Other Side



End Repeat



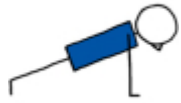
Squat
[Malasana]
Open to the side, bind if you want to



Standing Forward Bend 1
[Uttanasana]



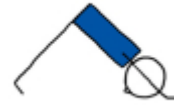
Half Way Lift 2
[Ardha Uttanasana]



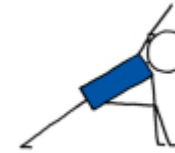
Plank
[Kumbhakasana]



Cobra
[Bhujangasana]



Down Dog
[Adho Mukha Svanasana]



Extended Side Angle 1
[Utthita Parsvakonasana]



Bound Extended Side Angle
[Baddha Utthita
Parsvakonasana]



Down Dog
[Adho Mukha Svanasana]



Repeat On Other Side



End Repeat



Down Dog
[Adho Mukha Svanasana]



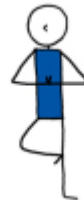
Standing Forward Bend 1
[Uttanasana]



Chair
[Utkatasana]



Mountain
[Tadasana]



Tree
[Vrksasana]



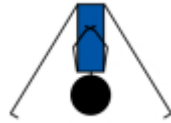
Extended Hand To Big Toe
2
[Utthita Hasta
Padangustasana 2]



Repeat On Other Side



End Repeat



Wide Leg Forward Bend C
[Prasarita Padottanasana C]



Wide Angle Seated Forward
Bend
[Upavishta Konasana]



Head To Knee FB
[Janu Sirsasana]



Seated Twist 2
[Ardha Matsyendrasana]
**Variation with bend to
straight leg**



Bound Angle
[Baddha Konasana]

Blank
to the wall



Bird Of Paradise
[Svarga Dvijasana]



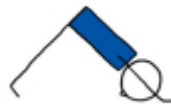
Standing Forward Bend 1
[Uttanasana]



Repeat On Other Side



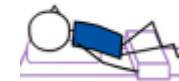
Mountain
[Tadasana]



Down Dog
[Adho Mukha Svanasana]



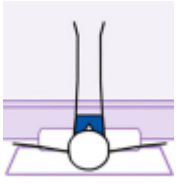
Child
[Balasana]



Bound Angle
[Supta Baddha Konasana]



Seated Forward Bend
[Paschimottanasana]



Legs Up Wall



Savasana