

Core Classes

Warm Up- 15 minutes
Child's Pose - Crouchy Cat - Down Dog
Incredible Hulk Yoga
Down Dog
Dolphin
Ramanand SS X 2
Sun Salutation A X2
Sun Salutation D X2
Sun Salutation B X2
Sun Salutation C X2

Standing Poses- 20 minutes (~1 minute timings)

crescent pose - standing back arch
uttanasana
utkatasana - garudasana
trikonasana
parsvakoansana
prasarita paddottanasana
parsvottansana
parivritta trikonasana
virabhadrasana 1
parivritta parsvakonasana

OR Geeta Sequence

Down Dog - Plank - Up Dog - Down Dog
Trikonasana
Parsvakonasana
Ardha Chandrasana

Strength-Building Regime (1 minute timings)

Down Dog - Handstand - Plank
Vajrasana with hands clasped
Pinca Mayurasana - Forearm Plank
Vajrasana with side stretch
Can Repeat sequence

OR

Handstand
Ramanand's Pinca Mayurasana Prep
Pinca Mayurasana

OR

Vasisthasana holding 1 min
Vasisthasana holding toe

Bakasana

Bakasana
Ekapad A & B
Parsva Bakasana
Various Arm Balances

Navasana Series

Ramanand's Navasana Series

Leg Raises

Jathara parivartasana 2X
Leg Raises
Supta Padangushtasana series
Setu bandha sarvangasana briefly
Windshield Wipers, foot on other knee, clasp wrist and stretch.

Hip Opening/Thigh Stretching- 15 minutes (~1 minute timings, hold down dog briefly as a transition/counter posture)

anjaneyasana
eka pada raja kapotasana prep
eka pada bhekasana
eka pada raja kapotasana/bhekasana
anjaneyasana/bhekasana

Back Bends- 20 minutes (30 seconds- 1 minute timings)

dhanurasana X2
ustrasana X2
Laghu Vajrasana
urdhva dhanurasana X2

Closing Postures- 20 minutes (~1 minute timings)

Sarvangasana
Sirsana
Savasana