

Eye of the Tiger Practice

The Eye of the Tiger practice is designed as an ultimate daily practice routine to maximize strength, stamina, and flexibility in all the major parts of the body. It covers all the main classes of asana including: Surya Namaskar, standing poses, handbalancings, inversions, backbends, hip-openers, forward bends, and twists. The entire practice can take over 4 hours to complete, so in order to abbreviate, perform a few poses in each category moving down through the lists from top toward the bottom. During a week's practice schedule be sure to attempt the poses that you might have skipped in previous practices.

Invocation

Surya Namaskar - 10-108x or 10-20 min.

Handstand - 1-5 min. ea. 1-3 X

Pincha Mayurasana - 1-5 min. ea. 1-3 X

Standing Poses - 30-60 sec. ea./ side

Vrksasana

Parsvakonasana

Trikonasana

Virabhadrasana I

Virabhadrasana II

Anjaneyasana

Ardha Chandrasana

Virabhadrasana III

Parivrtta Trikonasana

Parivrtta Ardha Chandrasana

Parivrtta Parsvakonasana

Parsvottanasana

Utkatasana

Garudasana

Prasarita Padottanasana

Utthita Hasta Padangusthasana

Pada Hastasana

Handbalancings - 1-2x ea./ side

Lolasana

Vasisthasana

Eka Hasta Bhujasana

Astavakrasana

Bakasana
Eka Pada Bakasana II
Eka Pada Bakasana I
Visvamisrasana
Eka Pada Koundinyasana II
Dwi Hasta Bhujasana
Bhujapidasana
Titthibhasana
Parsva Bakasana
Eka Pada Koundinyasana I
Eka Pada Galavasana
Kukuttasana
Parsva Kukuttasana

Abdominals - 30-50x ea./ side

Crunches
Criss-Crosses
Navasana
Urdhva Prasarita Padasana
Jathara Parivartanasana

Supta Virasana - 5 min.

Hip-openers - 1 min. ea./ side

Baddha Konasana
Janu Sirsasana
Parsva Upavistha Konasana
Upavistha Konasana
Triang Mukhaikapada
Eka Pada Raja Kapotasana prep.
Bharadvajasana II

Inversions - 30sec.– 1 min. variations

Sirsasana
Parsva Sirsasana
Parsva Sirsasana in Virasana
Eka Pada Sirsasana
Parsvaika Pada Sirsasana
Parivrttaikapada Sirsasana
Padmasana in Sirsasana

Parsva Padmasana in Sirsasana
Pindasana in Sirsasana
Sirsasana II
Mukta Hasta Sirsasana
Baddha Hasta Sirsasana
Prasarita Hasta Sirsasana

Sarvangasana
Sarvangasana II
Eka Pada Sarvangasana
Parsvaika Pada Sarvangasana
Halasana
Supta Konasana
Parsva Halasana
Karna Pidasasana
Parsva Karna Pidasasana
Parsva Sarvangasana in Padmasasana
Parsva Sarvangasana
Setubandha Sarvangasana

Backbends

Eka Pada Supta Virasana
Bhujangasana
Eka Pada Rajakapotasana I prep – one leg in Bhekasana
Dhanurasana
Parsva Dhanurasana
Ustrasana
Purvottanasana - bent knees
Backbends with chair
Urdhva Dhanurasana – (5-25x)
Eka Pada Urdhva Dhanurasana
Viparita Chakrasana
Dwi Pada Viparita Dandasana (head up)
Eka Pada Viparita Dandasana
Headstand Drop-overs – (5-25x)
Mandalasana – (3-25x)
Urdhva Dhanurasana – drop-backs – (5-108x)
Vrischikasana I – feet on chair
Kapotasana – pigeon droppings – (3-10x)
Eka Pada Rajakapotasana I
Eka Pada Rajakapotasana II
Eka Pada Rajakapotasana IV

Valakhilyasana
Padangustha Dhanurasana
Natarajasana

Twists & Forward Bends – 30 sec - 1 min. ea./ side

Uttanasana
Virasana – twist
Baddha Konasana
Eka Pada Rajakapotasana prep
Janu Sirsasana
Upavista Konasana
Parsva Upavistha Konasana
Agnistambasana
Ardha Baddha Padmasana Paschimottanasana
Marichyasana II
Triangamuhkaipada Paschimottanasana
Krounchasana
Bharadvajasana II
Compass
Yogadandasana
Paschimottanasana
Urdhva Mukha Paschimottanasana I & II
Ardha Matsyendrasana
Malasana I
Pasasana – one leg
Padmasana
Hanumanasana
Ardha Matsyendrasana II
Marichyasana IV
Parivrtta Janu Sirsasana
Parivrtta Paschimottanasana
Kurmasana
Somakonasana
Eka Pada Sirsasana
Bhairavasana
Chakorasana
Durvasana
Uttanasana
Supta Padangusthasana
Balasana

Meditation

- 10 min.

Savasana

- 10 min.