



Signature 5 Week Series

Beginner's Vinyasa 101 Workshop

Week 2

New Asanas:

Monkey/Gorilla | Padahastasana

Chair | Utkatasana

Warrior 1 | Virabhadrasana Eka

Warrior 2 | Virabhadrasana Dvi

Reverse Warrior

Side Angle Extended | Uttiha Parsvottanasana

Tree | Vrksasana

Supine Spinal Twist | Supta Jathara Parivartanasana

Bridge | Setu Bandha Sarvangasana

Cobra Wave | Bhujangasana Flow

Final Relaxation Corpse Pose | Savasana