



Signature 5 Week Series~ Week 2

Beginner's Vinyasa 101 Workshop Teaching Guide

<u>Asanas to Teach</u>	<u>Week(s) to Teach</u>
Monkey/Gorilla Padahastanasana	2
Chair	2, 4
Warrior 1 Virabhadrasana Eka	2, 4
Warrior 2 Virabhadrasana Dvi	2, 4
Reverse Warrior	2, 4
Side Angle Uttiha Parsvottanasana	2, 4
Tree	2
Supine Spinal Twist	1, 2, 4
Bridge	1, 2
Cobra Wave	2, 3, 4
Savasana	All Weeks