



## Signature 5 Week Series

# Beginner's Vinyasa 101 Workshop Student Handout

### Week 3

#### New Asanas

Goddess | Malasana

Moonflowers Lunar Goddess | Chandra Malasana

Sunflowers Solar Goddess | Surya Malasana

Lateral Flexion Standing Side Bending

Chest Expansion Forward Fold | Uttanasana

Cat/ Cow Flow | Chakra Vikasana

Seated Forward Fold | Pachimottasana

Butterfly and Supine Cobbler's Pose | Baddha Konasana, Supta Baddha Konasana

Boat | Navasana

Seated Spinal Twist/ Variations | Marichi's Pose, Ardha Matsyendrasana

Incline Plank/ Table Top | Purvottanasana

Happy Baby | Ananda Balasana

Lunge with Options | Anjaneyasana

Cobra Wave Bhujangasana Flow

Sun Salutation Low Flow Surya Namaskar Half Series

Sun Salutations Surya Namaskar A and B

Savasana