



Signature 5 Week Series~ Week 3 Teaching Guide

Beginner's Vinyasa 101 Workshop

| <u>Asanas to Teach</u> | <u>Week(s) to Teach</u> |
|---|-------------------------|
| Goddess, Lunar and Solar Flow | 3 |
| Moonflower Flow~ Lunar Goddess | 3 |
| Sunflower Flow~ Solar Goddess | 3 |
| Lateral Flexion Standing in Tadasana with modifications | 3 |
| Chest Expansion Forward Fold | 3 |
| Cat/ Cow Flow | 1, 3 |
| Seated Forward Fold | 1, 3 |
| Butterfly and Supine Cobblers Pose | 1, 3 |
| Boat | 3 |
| Seated Spinal Twist/ Variations | 3 |
| Incline Plank/ Table Top | 3 |
| Happy Baby | 1, 4 |
| Lunge with Modifications and Enhancement Options | 3, 4, 5 |
| Cobra and Cobra Wave | 2, 3, 4 |
| Surya Namaskar Half Series Low Flow | 3, 4 |
| Surya Namaskar A and B Traditional Sun Salutations | 4, 5 |
| Savasana | All Weeks |