

Weekly Asana Routines – Updated 11.13.08

Group	No.	Sq.	Sunday and Wednesday	Sq.	Monday and Friday	Sanskrit	Thursday Arm Balance Practice
Warm-up	1		Seven standard basics		Seven standard basics		Scorpion Pose
	2	A	Sun Salutation	A	Sun Salutation	Surya Namaskar	Crow Pose
	3		Side Plank Pose		Side Plank Pose	Vasisthasana	Side Crow Pose
	4		Full Boat Pose		Full Boat Pose	Paripurna Navasana	Eight-Angle Pose
	5		Four-limb Staff Pose		Four-limb Staff Pose	Chaturanga Dandasana	Peacock Pose
	6		Headstand		Headstand	Salamba Sirasana I	
Leg Isometrics and Stretches	7	A	Downward-facing Dog Pose	A	Downward-facing Dog Pose	Adho Mukha Svanasana	Miscellaneous: 1. Each daily routine takes about one-and-a-half hours. 2. Blue indicates alternating poses. 3. There are thirty-eight total poses. 4. Seven standard basics include: Shoulder circles Chest stretches Neck rolls Hip rolls Quadricep extensions Hamstring extensions Calf Press 5. Hold each pose for forty-five seconds to one minute.
	8		Frog Pose		Frog Pose	Bhekasana	
	9		Warrior I Pose		Warrior I Pose	Virabhadrasana I	
	10	Reclined Hero Pose	Reclined Hero Pose	Supta Virasana			
	11	B	Hands to Ankles Pose	B	Hands to Ankles Pose	Uttanasana II	
	12		Right Triangle Pose		Right Triangle Pose	Hastadaksinta Trikonasana	
13	Warrior II Pose		Warrior II Pose		Virabhadrasana III		
14	Pigeon Pose	Pigeon Pose	Eka Pada Rajakapotasana				
15	C	Seated Forward Bend	C	Monkey Pose	Pascimottanasana		
16		Seated Wide-leg Straddle		Seated Wide-leg Straddle	Upavist Konasana		
Arm and Standing Balances	17	A	Peacock Pose	A	Crow Pose	Mayurasana / Bakasana	
	18		Warrior III Pose		Warrior III Pose	Virabhadrasana III	
	19	B	Side Crow Pose	B	Side Crow Pose	Parsva Bakasana	
	20		Lord of the Dance Pose		Lord of the Dance Pose	Natarajasana	
	21	C	Eight Angle Pose	C	Eight Angle Pose	Astavakrasana	
22	One-leg Awkward Chair Pose		One-leg Awkward Chair Pose		Utkatanasana II		
Spine: Isometrics, Twists, and Bends	23	A	Locust Pose	A	Locust Pose	Salabhasana I	
	24		Cobra Pose		Cobra Pose	Bhujangasana	
	25		Cobblers Pose		Cobblers Pose	Baddha Konasana	
	26		Supine Spinal Twist		Supine Spinal Twist	Supta Matsyendrasana	
	27	B	Wheel Pose	B	Wheel Pose	Urdha Dhanurasana	
	28		Extended Cobblers Pose		Extended Cobblers Pose	Baddha Konasana	
	29		Revolved Side Angle Pose		Revolved Side Angle Pose	Parivrtta Parsvakonasana	
	30	C	Scorpion Pose	C	Scorpion Pose	Vrshikasana	
	31		Shoulder Stand		Shoulder Stand	Salamba Sarvangasana	
	32		Plow Pose		Plow Pose	Halasana	
33	Half lord of the fishes		Half lord of the fishes		Ardha Matsyendrasana		
34	Triangle Pose	Triangle Pose	Trikonasana				
Relax	35	A	Corpse Pose	A	Corpse Pose	Savasana	