

Ashtanga Inspired Flows: A 12-Week Program

"Yoga is 99% Practice & 1% theory." Sri K. Pattabhi Jois

Week 1

Day 1

[Introduction to the ashtanga flow]

60 minutes

- Sun Salutation A x3
- Sun Salutation B x3
- Forward Bend
- Triangle
- Reverse Triangle
- Side Angle
- Warrior 1
- Warrior 2
- Tree Pose
- Chair Pose
- Seated Forward Bend
- Cobblers Pose
- Wide Leg Forward Bend
- Bridge Pose
- Supported Shoulderstand

Day 2

[Introduction to the Ashtanga flow*]

90 minutes

- Sun Salutations A x5
- Sun Salutations B x5
- Forward Bend
- Forward Bend with Hands under feet
- Triangle Pose
- Reverse Triangle Pose
- Side Angle Pose
- Side Angel Pose with Twist
- Wide Legged Forward Bend with 4 arm variations
(hands at floor, waist, interlaced, and toes)
- Intense Side Stretch Pose
- Chair Pose
- Warrior 1
- Warrior 2

- Standing Balancing Pose
- Tree Pose
- Seated Forward bend with 4 arm variations
- (grabbing toes, hands over feet, hands on sides of feet, grabbing wrists)
- Reverse Table Top
- Seated Twist
- Boat Pose
- Yogi Squat
- Cobblers Pose
- Wide Legged Forward Bend
- Bridge
- Shoulderstand
- Plow
- Child's Pose
- Savasana

Week 2

Day 1

[1/2 primary with focus on standing poses]

60 minutes

- Surya Namaskara A – Sun Salutation x3
- Surya Namaskara B– Sun Salutation x5
- Padangusthasana – Big toe pose
- Pada Hastasana – Hand to foot pose
- Trikonasana – Triangle pose
- Parivrtta Trikonasana – Revolved triangle
- Parsvakonasana – Side angle pose
- Parivrtta Parsvakona – Revolved side angle pose
- Prasrita Padottanasana Spread foot intense pose.
- Parsvottanasana – Intense Side Angle Pose
- Utita Hasta Padangusthasana– Extended hand to the big-toe
- Ardha Baddha Padmottanasana– half bound lotus
- Utkatasana – uneven pose
- Virabhadrasana – warrior pose
- Dandhasana – Staff pose
- Paschimattanasana – Westward facing intense forward bend
- Janu Sirsasana – Head to the knee pose
- Baddha Konasana –Bound angle
- Supta Padangusthasana – Reclined big-toe pose
- Urdva Dhanurasana – Upward-bow poseward bend
- Salamba Sarvangasana – all limbs supported

- Halasana – the plow pose
- Chakrasana – wheel pose
- Sirsasana – head stand
- Balasana – child pose
- Baddha Padmasana – bound lotus
- Yogamudra – Yogic Seal/sealing in pose
- Padmasana – lotus pose
- Final Relaxation

Day 2

[1/2 primary with focus on seated poses]

60 minutes

- Surya Namaskara A – Sun Salutation x3
- Surya Namaskara B– Sun Salutation x5
- Padangusthasana – Big toe pose
- Pada Hastasana – Hand to foot pose
- Paschimattanasana – Westward facing intense forward bend
- Purvattanasana – East facing intense stretch
- Ardha Baddha Padma Paschimattanasana – Half bound lotus intense forward bend
- Triang Mukhaekapada Paschimattanasana – Three limbs facing one foot intense forward bend
- Janu Sirsasana – Head to the knee pose
- Navasana – Boat pose
- Kurmasana – turtle pose
- Baddha Konasana –Bound angle
- Upavistha Konasana – Seated or upward lifted angle
- Supta Konasana – Reclined angle
- Supta Padangusthasana – Reclined big-toe pose
- Ubhaya Padangusthasana — Both big-toes pose
- Urdva Mukha Paschimattanasana —Upward facing intense forward bend
- Setu Bandhasana – Bridge pose
- Urdva Dhanurasana – Upward-bow pose
- Paschimattanasana – Westward facing intense forward bend
- Salamba Sarvangasana – all limbs supported
- Halasana – the plow pose
- Karnapidasana – ear squeezing pose
- Urdhva Padmasana – upward lifted lotus
- Pindasana – embryo
- Mathsyasana – lord of the fishes
- Chakrasana – wheel pose
- Sirsasana – head stand

- Balasana – child pose
- Final Relaxation

Week 3

Day 1

[Short flow]

30 minutes

- Sun Salutation A x3
- Sun Salutation B x3
- Forward Bend
- Triangle
- Reverse Triangle
- Warrior 1
- Warrior 2
- Side Angle
- Tree Pose
- Chair Pose
- Seated Forward Bend
- Seated Twist
- Cobblers Pose
- Wide Leg Forward Bend
- Bridge Pose
- Wheel Pose
- Shoulderstand
- Plow
- Supine Twist
- Seated Meditation

Day 2

[Long Flow]

90 minutes

- Surya Namaskara A – Sun Salutation x5
- Surya Namaskara B– Sun Salutation x5
- Samasthitih – Equal Standing
- Chaturanga Dandasana – 4 limbed staff
- Urdva Mukha Svanasana- upward facing dog
- Adho Mukha Svanasana – downward facing dog
- Padangusthasana – Big toe pose
- Pada Hastasana – Hand to foot pose
- Trikonasana – Triangle pose

- Parivrtta Trikonasana – Revolved triangle
- Parsvakonasana – Side angle pose
- Parivrtta Parsvakona – Revolved side angle pose.
- Prasarita Padottanasana - Spread foot intense pose.
- Parsvottanasana –
- Utita Hasta Padangusthasana– Extended hand to the big-toe
- Ardha Baddha Padmottanasana– half bound lotus
- Utkatasana – uneven pose
- Virabhadrasana – warrior pose
- Dandhasana – Staff pose
- Paschimattanasana – Westward facing intense forward bend
- Purvattanasana – East facing intense stretch
- Ardha Baddha Padma Paschimattanasana – Half bound lotus intense forward bend
- Triang Mukhaekapada Paschimattanasana – Three limbs facing one foot intense forward bend
- Janu Sirsasana – Head to the knee pose
- Marichyasana –
- Navasana – Boat pose
- Bhujapidasana –Shoulder/Arms squeezing pose
- Kurmasana – turtle pose
- Supta Kurmasana – Reclined turtle pose
- Garbha Pindasana – Embryo in the Womb pose
- Kukkutasana – Rooster pose
- Baddha Konasana –Bound angle
- Upavistha Konasana – Seated or upward lifted angle
- Supta Konasana – Reclined angle
- Supta Padangusthasana – Reclined big-toe pose
- Chakrasana – Wheel pose
- Ubhaya Padangusthasana — Both big-toes pose
- Urdva Mukha Paschimattanasana —Upward facing intense forward bend
- Setu Bandhasana – Bridge pose
- Urdva Dhanurasana – Upward-bow pose
- Paschimattanasana – Westward facing intense forward bend
- Salamba Sarvangasana – all limbs supported
- Halasana – the plow pose
- Karnapidasana – ear squeezing pose
- Urdhva Padmasana – upward lifted lotus
- Pindasana – embryo
- Mathsyasana – lord of the fishes
- Uttana Padasana – intense foot pose
- Chakrasana – wheel pose
- Sirsasana – head stand
- Balasana – child pose

- Baddha Padmasana – bound lotus
- Yogamudra – sealing in pose
- Padmasana – lotus pose
- Utpluthih – Lifted lotus
- Final Relaxation

Week 4

Day 1

[Super short daily practice]

30 Minutes

- Sun Salutations A 3x
- Sun Salutations B 3x
- Forward Bend
- Warrior 1
- Warrior 2
- Wide Legged Forward Bend x3
- Seated Twist
- Head to Knee Forward Bend
- Seated Forward Bend
- Wheel Pose
- Plow Pose
- Seated Meditation

Day 2

[Super short daily practice]

45 Minutes

- Sun Salutations A 5x
- Sun Salutations B 5x
- Forward Bend
- Triangle
- Revolved Triangle
- Warrior 1
- Warrior 2
- Wide Legged Forward Bend x3
- Tree Pose
- Yogis Squat
- Seated Twist
- Seated Forward Bend
- Bridge Pose

- Wheel Pose
- Plow Pose
- Wide Legged Forward Bend
- Lotus Pose
- Seated Meditation

Week 5

Day 1

[Short drishti flow]

30 minutes

- 5 poses for dristi focus
- Downward Facing Dog (navel)
- Upward Facing Dog (third eye/between eyebrows)
- Warrior 1 (lifted hands)
- Wide Legged Forward Bend (nose)
- Lotus (nose)
- Seated meditation (third eye with eyes closed)

Day 2

[Long Drishti focus]

There are Nine Drishtis or gazing points in this advanced practice.

1. Nasagra— Tip of Nose.
2. Ajna Chakra/ Broomadhya— Third Eye/Between Eyebrows.
3. Nabi Chakra— Navel.
4. Hastagrai— Hand.
5. Padhayoragrai— Foot.
6. Parsva Drishti— Far to the Right.
7. Parsva Drishti— Far to the Left.
8. Angustha Ma Dyai— Thumbs.
9. Urdhva or Antara Drishti— Up to the Sky.

Surya Namaskara A

Samasthiti – Exhale- **Gaze at tip of Nose (Rechaka/Nasagra Drishti)

Ekam. Tadasana (Mountain)– Inhale- **Gaze at Thumbs (Puraka/Hastagrai Drishti)

Dve. Uttanasana (Intense)- Exhale- **Gaze at tip of Nose (Rechaka/Nasagra Drishti)

Trini. Ardha Uttanasana (Half Intensity)- Inhale- **Gaze between Eyebrows
(Puraka/Broomadhya Drishti)

Chatvari. Chaturanga Dandasana (Four Limbed Staff)- Exhale- **Gaze at tip of Nose
(Rechaka/Nasagra)

Pancha. Urdhva Mukha Svanasana (Upward Facing Dog)- Inhale- **Gaze between

eyebrows (Puraka/Broomadhyā Drishti)
Shat. Adho Mukha Svanasana (Downward Facing Dog)—Exhale and Stay for Five Breaths-
**Gaze at Navel (Rechaka/Nabi Chakra Drishti)
Sapta. Ardha Uttanasana (Half Intensity)- Inhale- **Gaze between Eyebrows
(Puraka/Broomadhyā Drishti)
Ashtau. Uttanasana (Intensity)- Exhale- **Gaze at tip of Nose (Rechaka/Nasagra Drishti)
Nava. Tadasana (Mountain)- Inhale- **Gaze at Thumbs (Puraka/Hastagrai Drishti)
Samasthiti- Exhale- **Gaze at tip of Nose (Rechaka/Nasagra Drishti)

Surya Namaskara B x5

Samasthiti—Exhale- **Gaze at Nose (Rechaka / Nasagra)
Ekam. Utkatasana (Fierce)— Inhale- **Gaze at Third Eye (Puraka / Broomadhyā)
Dve. Uttanasana (Intensity)— Exhale- **Gaze at Nose (Rechaka / Nasagra)
Trini. Ardha Uttanasana (Half Intensity)—Inhale- **Gaze at Third Eye (Puraka / Broomadhyā)
Chatvari. Chaturanga Dandasana (Four Limbed Staff)— Exhale- **Gaze at Nose (Rechaka /
Nasagra)
5 Pancha. Urdhva Mukha Svanasana (Upward Facing Dog)—Inhale- **Gaze at Third Eye
(Puraka / Broomadhyā)
6 Shat. Adho Mukha Svanasana (Downward Facing Dog)—Exhale-Navel (Rechaka / Nabi
Chakra)
Sapta. Virabhadrasana One, Right Foot forward (Warrior One)—Inhale- **Gaze at Third Eye
(Puraka/Broomadhyā)
Ashtau. Chaturanga Dandasana (Four Limbed Staff)—Exhale- **Gaze at Nose (Rechaka /
Nasagra)
Nava. Urdhva Mukha Svanasana (Upward Facing Dog)— Inhale- **Gaze at Third Eye (Puraka /
Broomadhyā)
Dasa. Adho Mukha Svanasana (Downward Facing Dog)—Exhale- **Gaze at Navel (Rechaka /
Nabi Chakra)
Ekadasa. Virabhadrasana One, Left Foot forward (Warrior One)— Inhale- **Gaze at Third Eye
(Puraka / Broomadhyā)
Dvadasa. Chaturanga Dandasana (Four Armed Staff)—Exhale- **Gaze at Nose (Rechaka /
Nasagra)
Trayodasa. Urdhva Mukha Svanasana (Upward Facing Dog)—Inhale- **Gaze at Third Eye
(Puraka / Broomadhyā)
Chaturdasa. Adho Mukha Svanasana (Downward Facing Dog)— Exhale- **Gaze at Navel
(Rechaka / Nabi Chakra) —Stay for Five Breaths
Panchadasa. Ardha Uttanasana (Half Intensity)—Inhale- **Gaze at Third Eye (Puraka /
Broomadhyā)
Sodasa. Uttanasana (Intensity)—Exhale- **Gaze at Nose (Rechaka / Nasagra)
Saptadasa. Utkatasana (Fierce)—Inhale- **Gaze at Third Eye (Puraka / Broomadhyā)
Samasthiti (Even Stance)— Exhale- **Gaze at Nose (Rechaka / Nasagra)
Padangushtasana (Hand to Big Toe) **Gaze at Nasagra/Nose
Padahastasana (Hands Under Feet) **Gaze at Nasagra/Nose

Utthita Trikonasana (Intense Triangle) **Gaze at Hastagrai/ Hand
Parivritta Trikonasana (Revolved Triangle) **Gaze at Hastagrai/Hand
Utthita Parshvakonasana (Intense Side Angle Position) **Gaze at Hastagrai/Hand
Parivritta Parshvakonasana (Revolved Side Angle) **Gaze at Hastagrai/Hand
Prasarita Padottanasana A (Extended Intense Wide Leg) **Gaze at Nasagra/Nose
Prasarita Padottanasana B (Extended Intense Wide Leg) **Gaze at Nasagra/Nose
Prasarita Padottanasana C (Extended Intense Wide Leg) **Gaze at Nasagra/Nose
Prasarita Padottanasana D (Extended Intense Wide Leg) **Gaze at Nasagra/Nose
Parshvottanasana (Intense Flank Stretch) **Gaze at Nasagra/Nose
Utthita Hasta Padangusthasana A (Intense Hand to Big Toe) **Gaze at Padhayoragrai/Foot
Utthita Hasta Padangusthasana B **Gaze at (Parsva Drishti/Far Left)
Utthita Hasta Padangusthasana C **Gaze at (Padhayoragrai/Foot)
Utthita Hasta Padangusthasana D **Gaze at (Padhayoragrai/Foot)
Utthita Hasta Padangusthasana A **Gaze at (Intense Hand to Big Toe) Padhayoragrai/Foot
Utthita Hasta Padangusthasana B **Gaze at (Parsva Drishti/Far Right)
Utthita Hasta Padangusthasana **Gaze at (Padhayoragrai/Foot)
Ardha Baddha Padmottanasana (Half Bound Lotus Intensity) **Gaze at Nasagra/Nose
Utkatasana (Fierce) **Gaze at Angustha Ma Dyai/ Thumbs
Virabhadrasana Two, Right Foot Forward (Warrior Two) **Gaze at Hand/Hastagrai
Virabhadrasana Two (Warrior Two) **Gaze at Left Side
Dandasana (Staff) **Gaze at Nose/Nasagra
Paschimattanasana A, B (Intense Stretch of the West) **Gaze at Padhayoragrai/Feet
Purvatanasana (Intense Stretch of the East) **Gaze at Nasagra/Nose
Ardha Baddha Padma Paschimattanasana (Half Bound Lotus Intense Stretch of the West) **Gaze at Padhayoragrai/Foot
Tiriangmukhaikapada Paschimattanasana (Transverse Face One Foot Intense Stretch of the West) **Gaze at Padhayoragrai/Foot
Janu Shirshasana A (Head beyond Knee) **Gaze at Padhayoragrai/Foot
Janu Shirshasana B (Heel Under Perineum) **Gaze at Padhayoragrai/Foot
Janu Shirshasana C (Toes of the Bent Leg Curled Under) **Gaze at Padhayoragrai/Foot
Marichasana A (First Position Honoring Sage Marichi) **Gaze at Padhayoragrai/Foot
Marichasana B (Foot In Half Lotus Honoring Sage Marichi) **Gaze at Nasagra/Nose
Marichasana C (Twist to the Right) **Gaze at Parsva Drishti /Gaze Right
Marichasana D (Foot in Half Lotus, Twisting to the Right) **Gaze at Parsva Drishti /Far Right
Bhujapidasana A, One Breath (Shoulder Pressure Arm Balance) **Gaze at Nasagra/Nose
Bhujapidasana B (Feet Tucked Behind Hands, Chin on Floor) Five Breaths **Gaze at Nasagra/Nose
Tittibhasana, One Breath (Firefly) **Gaze at Nasagra/Nose
Bakasana, One Breath (Crane) **Gaze at Nasagra/Nose
Kurmasana (Tortoise) **Gaze at Ajna Chakra/ Third Eye
Supta Kurmasana (Sleeping Tortoise) **Gaze at Ajna Chakra/ Third Eye
Dwi Pada Shirshasana (Two Feet behind Head Arm Balance) **Gaze at Ajna Chakra/ Third Eye
Eye

Tittibhasana, One Breath (Firefly) **Gaze at Urdhva Drishti/ Gaze to the Sky
Bakasana, One Breath (Crane) **Gaze at Nasagra/Nose
Garbha Pindasana (Fetus in the Womb) **Gaze at Nasagra/Nose
Kukkutasana (Rooster) **Gaze at Nasagra/Nose
Baddha Konasana (Bound Angle) **Gaze at Nasagra/Nose
Upavishta Konasana (Seated Wide Angle) **Gaze at Ajna Chakra/Third Eye
Supta Konasana (Sleeping Angle) **Gaze at Nasagra/Nose
Supta Padangushtasna A (Sleeping Big Toe) **Gaze at Padhayoragrai/Foot
Supta Padangushtasna B (Parsva Drishti /**Gaze Far Left)
Supta Padangushtasna C (Padhayoragrai/**Gaze at Foot)
Chakrasana, One Breath (Rolling Wheel/ Backwards Somersault)
Supta Padangushtasna A (Sleeping Big Toe) **Gaze at Padhayoragrai/Foot
Supta Padangushtasna B (Parsva Drishti /**Gaze Far Right)
Supta Padangushtasna C (Sleeping Big Toe) **Gaze at Padhayoragrai/Foot
Ubhaya Padangushtasana (Both Big Toes) **Gaze at Nasagra/Nose
Urdhva Mukha Paschimattanasana (Upward Facing Intense Stretch of the West) **Gaze
at Padhayoragrai/Foot
Setu Bandhasana (Bridge Lock) **Gaze at Nasagra/Nose
Chakrasana, One Breath (Rolling Wheel— Backwards Somersault Transition)
Urdhva Dhanurasana Three times (Upward Bow-Backbend) **Gaze at Nasagra/Nose
Paschimattanasana (Intense Stretch of the West) **Gaze at Padhayoragrai/Foot
Salamba Sarvangasana, Twenty-Five Breaths (Support for All Limbs) **Gaze
at Nasagra/Nose
Halasana (Plow) **Gaze at Nasagra/Nose
Karnapidasana (Ear Pressure) **Gaze at Nasagra/Nose
Urdhva Padmasana (Upward Lotus) **Gaze at Nasagra/Nose
Pindasana (Embyo) **Gaze at Nasagra/Nose
Matsyasana (Fish) **Gaze at Nasagra/Nose
Uttana Padasana (Extended Legs) Nasagra/Nose
Chakrasana, One Breath (Rolling Wheel)
Vinyasa
Shirshasana, Twenty-Five Breaths (Head Stand) **Gaze at Nasagra/Nose
Urdhva Dandasana in Shirshasana, Five Breaths (Upward Staff Head Stand) **Gaze
at Nasagra/Nose
Baddha Padmasana (Bound Lotus) **Gaze at Ajna Chakra/Third Eye
Padmasana, Ten Breaths (Lotus) **Gaze at Nasagra/Nose
Uth Pluthi in Tolasana (Scales-Lifted Lotus) Twenty to One Hundred Breaths **Gaze
at Nasagra/Nose
Shavasana (Corpse)

Week 6

Day 1

[Full primary extended flow]

90-120 minutes

- 5 Surya Namaskar A (Sun salutation A)
- 5 Surya Namaskar B (Sun Salutation B)
- Padangushtasana (Standing forward bend)
- Pada Hastasana (Hands under feet bend)
- Utthita Trikonasana (Triangle)
- Parivrtta Trikonasana (Revolved Triangle)
- Utthita Parshvakonasana (Extended side angle)
- Parivrtta Parshvakonasana (Revolved side angle)
- Prasrita Padottanasana (A, B, C, D) (Wide leg forward bend)
- Parshvottanasana (Pyramid pose)
- Uttihita hasta Padangushtasana (Upright hand to toe posture)
- Ardha Maddha Padmottanasana (Half bound Lotus fold)
- Utkatasana (Chair pose)
- Virabhadrasana 1 and 2 (Warrior 1 and 2)
- Pashimottanasana (Seated forward bend)
- Purvottanasana (Reverse plank)
- Ardha Baddha Padma Pashimottanasana (Half bound lotus forward fold)
- Triang Mukha Ekapada Pashimottanasana (One leg forward bend)
- Janushishasana (A, B, C) (Head to knee pose)
- Marichyasana (A, B, C, D) (Seated twist)
- Navasana (Boat pose)
- Bhujapidasana (Knees on shoulder pose)
- Tittibhasana (Firefly)
- Kurmasana (Tortoise)
- Pindasana (Lotus)
- Kukkutasana (Rooster)
- Baddha Konasana (Cobblers pose)
- Upabishita Konasana (Upward facing wide leg pose)
- Supta Konasana (Reclining wide leg pose)
- Supta Pdangushtasana (Reclining held toe pose)
- Ubhaya Padangushtasana (Big toe hold posture)
- Urdhva Mukha Pashimottanasana (Upward forward bend)
- Setu Bandasana (Bridge)
- Urdhva Dhanurasana (Up bow)
- Pashimottanasana (Forward bend)
- Tadaga Mudra (Engaged supine pose)
- Sarvangasana (shoulder stand)
- Halasana (Plough)
- Karnipidasana (Knees to ear posture)
- Urdhva Padmasana (Upward lotus pose)
- Pindasana (Embryo pose)

- Matsyasana (Fish pose)
- Uttana Padasana (Intense leg pose)
- Shirshasana (Headstand)
- Padmasana (Lotus)
- Baddha Padmasana (Bound Lotus)
- Savasana (Corpse pose)

Day 2 (Option 1)

[Short Flow]

30 Minutes

- Sun Salutations A 5x
- Standing Forward Bend
- Triangle
- Warrior 1
- Warrior 2
- Wide Legged Forward Bend x3
- Tree Pose
- Yogis Squat
- Seated Twist
- Head to Knee Forward Bend
- Vinyasa
- Seated Forward Bend
- Vinyasa
- Table Top Pose
- Wheel Pose
- Plow Pose
- Seated Meditation

Day 2 (Option 2)

[Long flow with options for 2 series advanced poses]

120 Minutes

- Surya Namaskara A - 3x
- Surya Namaskara B - 3x
- Padangusthasana
- Padahasthasana
- Utthita Trikonasana A
- Utthita Trikonasana B (Parivritta Trikonasana)
- Utthita Parsvakonasana
- Prasrita Padottanasana A

- Prasrita Padottanasana B
- Prasrita Padottanasana C
- Prasrita Padottanasana D
- Parsvottanasana
- Utthita Hasta Padangushtasana
- (Utthita Parsvasahita)
- (Utthita Eka Padasana)
- Ardha Baddha Padmottanasana
- Utkatasana
- Virabhadrasana A
- Virabhadrasana B
- (Dandasana)
- Paschimattanasana A
- Paschimattanasana B
- Purvattanasana
- Ardha
- Baddha Padma Paschimattanasana
- Tiryan Mukha Eka Pada Paschimattanasana
- Janusirsasana A
- Janusirsasana B
- Janusirsasana C
- Marichasana A
- Marichasana B
- Marichasana C
- Marichasana D
- Navasana (with Lolasana)
- Bujapidasana
- Kurmasana
- Supta Kurmasana
- Garbha Pindasana - and rolling 5x
- Kukkutasana
- Baddha Konasana A
- Upavishta Konansa A
- Upavishta Konansa B
- Supta Konasana
- Supta Padangusthasana
- (Supta Parsvashita)
- (Chakrasana)
- Ubhaya Padangusthasana
- Urdhvamukha Paschimottanasana
- Setu Bandhasana
- (Chakrasana)
- Urdhva Dhanurasana - 3x

- (Chakrasana)
- Paschimattanasana
- (No vinyasa)
- (Tadaka Mudra) - 5 breaths
- Sarvangasana - 10 breaths
- Halasana - 8 breaths
- Karnapidasana - 8 breaths
- Urdhva Padmasana - 8 breaths
- Pidasana - 8 breaths
- Matsyasana - 8 breaths
- Uttana Padasana - 8 breaths
- (Chakrasana)
- Sirsasana - 25 breaths
- (Ardha Sirsasana) - 10 breaths
- Balasana (30 seconds) - uncounted
- (Baddha Padmasana)
- Yoga Mudra - 10 breaths
- Padmasana (with Jnana Mudra) - 10 breaths
- Utpluthi - 25 breaths
- (Half vinyasa only)
- Savasana

Week 7

Day 1

[Moon day practice 1]

30 minutes

- Seated Meditation 5 Minutes
- Yogi Squat 1 Minute
- Standing Forward Bend Grabbing Elbows 2 Minutes
- Yogi Squat 1 Minute
- Seated Spinal Gentle Twist Right Side and L 10 Breaths Each Side
- Cow Face Pose Right and Left 2 Minutes Each Side
- Standing Forward Bend With Arms Interlaced 2 Minutes
- Double Pigeon Right into Pigeon Right 2 Minutes Each Side
- Child's Pose 1 Minute
- Double Pigeon Left in to Full Pigeon Left 2 Minutes Each Side
- Child's Pose 1 Minute
- Seated Meditation (on feet or in easy seat) 20-25 Super Slow Counted Breaths
- Legs Up Wall Inversion 10 Minutes

Day 2

[Moon day practice 2]

30 minutes

- Seated Meditation 5 Minutes
- Downward Dog 1 Minute
- Yogi Squat 1 Minute
- Standing Forward Bend Grabbing Elbows 2 Minutes
- Downward Dog 1 Minute
- Seated Spinal Gentle Twist Right and Left 10 Breaths Each Side
- Cobblers Pose 1 Minute
- Downward Dog 1 Minute
- Standing Forward Bend With Arms Interlaced 2 Minutes
- Pigeon Right 2 Minutes
- Child's Pose 1 Minute
- Pigeon Left 2 Minutes
- Frog Pose 3 Minutes
- Savasana 10 Minutes

Week 8

Day 1

[Less is More Sequence 1]

30 minutes

- Half Sun Salutations x5
- Standing forward bend
- Downward Facing Dog
- Cobra
- Child's Pose
- Bridge Pose
- Twist
- Savasana

Day 2

[Less is More Sequence 2]

30 minutes

- Sun Salutations x10
- Yogi Toe Squat
- Wide Legged Seated Forward Bend
- Cobblers Pose
- Downward Dog
- Child's Pose

- Bow Pose
- Twist
- Savasana

Week 9

Day 1

[Special focus - vinyasas for shoulder/ upper body injuries]

60 minutes

- Seated Meditation
- Standing Forward Bend
- Standing Mountain Pose
- Warrior 1 Right Side
- Warrior 1 Left Side
- Yogis Squat
- Standing Forward Fold
- Triangle Pose Right Side
- Wide legged Forward Bend
- Triangle Pose Left Side
- Wide Legged Forward bend With Arms Clasped
- Yogi Squat Twist to Right
- Crescent Pose Right Side
- Yogi Squat Twist to Left
- Crescent Pose Left Side
- Pyramid Pose Right
- Reverse Triangle Pose Right Side
- Standing Split
- Pyramid Pose Left
- Reverse Triangle Pose Left Side
- Standing Split
- Lizard Pose Right Side to Pigeon Pose
- Lizard Pose Left Side to Pigeon Pose
- Supine Twist to both Sides
- Happy Baby
- Seated Neck and Shoulde Stretch
- Seated Meditation

Day 2

[Special focus - knee injuries and sensitive knees]

60 minutes

- Sun Salutations A x5
- Triangle Pose Right Side

- Wide legged Forward Bend
- Triangle Pose Left Side
- Wide Legged Forward Bend With Arms Clasped
- Pyramid Pose Right
- Reverse Triangle Pose Right Side
- Standing Split
- Pyramid Pose Left
- Reverse Triangle Pose Left Side
- Standing Split
- Seated Wide Legged Forward Bend
- Boat Pose
- Seated Forward Bend
- Boat Pose with Interlaced Fingers on Toes
- Wide Legged Forward Bend * try for grabbing toes to go deeper
- Seated Twist Right Side
- Seated Neck and Shoulder Stretch
- Seated Twist Left Side
- Savasana with Legs Up Wall

Week 10

Day 1

[Ladies holiday practice 1]

30 minutes

- Reclined Cobblers pose (1 minute)
- Supported Forward Bend (1 minute)
- Wide Legged Forward Bend (2 minutes)
- Gentle Seated Twist (1 minute each side)
- Savasana (15 Minutes)

Day 2

[Ladies holiday practice 2]

30 Minutes

Happy Baby Pose (1 minute)
 Reclined Pigeon Pose Right Side (2 minutes)
 Reclined Pigeon Pose Left Side (2 minutes)
 Reclined Twist Right Side (1 minute)
 Knees to Chest (10 breaths)
 Reclined Twist Left Side (1 minute)
 Savasana (15 Minutes)

Week 11

Day 1

[Deep hips preparation 1]

45 minutes

- Sun Salutations A x5
- Sun Salutations B x5
- Yogi Squat (1 minute)
- Standing Forward Bend Grabbing Elbows (2 minutes)
- Cobblers Pose (1 minute)
- Downward Dog (1 minute)
- Cobblers Pose (1 minute)
- Yogi Squat with Twist to both sides
- Pigeon Right Side (2 minutes)
- Child's Pose (1 minute)
- Pigeon Left Side (2 minutes)
- Frog Pose (3 minutes)
- Half Happy Baby Right Side (1 minute)
- Half Happy Baby Left Side (1 minute)
- Savasana (10 minutes)

Day 2

[Deep hips preparation 2]

90 minutes

- Sun Salutations A x5
- Sun Salutations B x5
- Forward Bend
- Wide Legged Forward Bend
- Center Splits
- Yogis Squat
- Yogis Squat with Twist
- Hero Pose
- Heron Pose
- Splits both sides
- Cobra Pose
- Upward Dog
- Locust Pose
- 1/2 Frog Pose
- Bow Pose x3
- Camel Pose x3
- Child's Pose
- Frog Pose

- Seated Twist
- Happy Baby
- Wide Legged Split
- Crow Pose
- Firefly
- Splits both sides *2nd round go deeper
- Yogi's Sleeping Pose
- Cows Face Pose
- Wheel Pose 3x
- Forward Bend
- Shoulderstand
- Headstand
- Child's pose
- Lotus pose
- Savasana

Week 12

Day 1

[Introduction of deeper poses and back bending]

90 minutes

- Sun Salutations A 3x
- Sun Salutations B 3x
- Forward Bend
- Yogis Squat
- Yogis Squat with Twist
- Hero Pose
- Heron Pose
- Cobra Pose x5
- Vinyasa
- Upward Dog x3
- Vinyasa
- Locust Pose x3
- 1/2 Frog Pose
- Bow Pose x3
- Vinyasa
- Camel Pose x3
- Vinyasa
- Child's Pose
- Seated Twist
- Happy Baby
- Crow Pose
- Firefly

- Yogis Sleeping Pose
- Cows Face Pose
- Vinyasa
- Bridge Pose x3
- Wheel Pose 5x
- Forward Bend
- Shoulderstand
- Headstand
- Child'd pose
- Lotus pose
- Savasana

Day 2

[Traditional full series]

120 Minutes

- Surya Namaskara A 3x
- Surya Namaskara B 3x
- Padangusthasana
- Padahasthasana
- Utthita Trikonasana A
- Utthita Trikonasana B (Parivritta Trikonasana)
- Utthita Parsvakonasana
- Prasarita Padottanasana A
- Prasarita Padottanasana B
- Prasarita Padottanasana C
- Prasarita Padottanasana D
- Parsvottanasana
- (Half vinyasa only)
- Pasasana
- Krounchasana
- Salabhasana A
- Salabhasana B
- Bhekasana
- Dhanurasana
- Parsva Dhanurasana
- Dhanurasana
- Ustrasana
- Laghuvajrasana
- Kapotasana A
- Kapotasana B
- Supta Vajrasana
- Bakasana A

- Bakasana B
- Bharadvajasana
- Ardha Matsyendrasana
- Eka Pada Sirsasana
- Dwi Pada Sirsasana
- Yoga Nidrasana
- (Chakrasana)
- Tittibhasana A
- Tittibhasana B
- Tittibhasana C
- Pincha Mayurasana
- Karandavasana
- Mayurasana
- Nakrasana
- Vatayanasana
- Parighasana
- Gomukasana A
- Gomukasana B
- Supta Urdhva Pada Vajrasana
- Mukta Hasta Sirsasana A
- Mukta Hasta Sirsasana B
- Mukta Hasta Sirsasana C
- Baddha Hasta Sirsasana A
- Baddha Hasta Sirsasana B
- Baddha Hasta Sirsasana C
- Baddha Hasta Sirsasana D
- Urdhva Dhanurasana - 3x
- (Chakrasana)
- Paschimattanasana
- (No vinyasa)
- (Tadaka Mudra) - 5 breaths
- Sarvangasana - 10 breaths
- Halasana - 8 breaths
- Karnapidasana - 8 breaths
- Urdhva Padmasana - 8 breaths
- Pidasana - 8 breaths
- Matsyasana - 8 breaths
- Uttana Padasana - 8 breaths
- (Chakrasana)
- Sirsasana - 25 breaths
- (Ardha Sirsasana) - 10 breaths
- Balasana (30 seconds) - uncounted
- (Baddha Padmasana)

- Yoga Mudra - 10 breaths
- Padmasana (with Jnana Mudra) - 10 breaths
- Utpluthi - 25 breaths
- (Half vinyasa only)
- Savasana

*Traditional Sanskrit as taught by Shri K Pattabi Jois with English translation

**In the Ashtanga Yoga system women are generally advised not to practice during the first 2-3 days of menstruation and to avoid all inversions during the cycle.