

## **G4W – Elementary Course, Day 1 (modified)**

- Salamba Sirsasana
- Vriksasana
- Utthita trikonasana
- Utthita parsvakonasana
- Virabhadrasana 1
- Virabhadrasana 2
- Parivrtta trikonasana
- Parsvottanasana
- Prasarita padottanasana
- Uttanasana
- Adho mukha svanasana
- Virasana
  - Seated upright
  - w/parvatasana
- Salamba sarvangasana
- Halasana
- Baddha konasana
- Upavista konasana
- Bharadvajasana I
- Ardha matsyendrasana
- Setubandha sarvangasana
- Savasana