

Yoga Asana Foundational Sequence

1. Sun Salutations

- Hands Heart Center (Anjali Mudra)
- Mountain (Tadasana)
- Upward Salute (Urdhva Hastasana)
- Forward Fold (Uttanasana)
- Halfway Lift (Ardha Uttanasana)
- High Plank (Phalakasana)
- Low Plank (Chaturanga Dandasana)
- Upward Facing Dog (Urdhva Mukha Svanasana)
- Downward Facing Dog (Adho Mukha Svanasana)

2. Warrior Series

- Standing Splits (Urdhva Prasarita Eka Padasana)
- Runners Lunge (Utthita Aśva Sanchalanāsana)
- Crescent Lunge (Ashta Chandrasana)
- Warrior II (Virabhadrasana II)
- Reverse Warrior (Viparita Virabhadrasana)
- Extended Side Angle (Utthita Parsvakonasana)
- Wide-Legged Forward Bend (Prasarita Padottanasana)
- Wide-Legged Halfway Lift (Ardha Prasarita Padottanasana)
- Star (Utthita Tadasana)
- Warrior I (Virabhadrasana I)

3. Balancing Series:

- Standing Leg Raise (Tadasana Pavanmuktasana)
- Lateral Standing Leg Raise (Tadasana Janu Hastasana)
- Tree (Vrikshasana)
- Eagle (Garudasana)
- Dancer (Natarajasana)
- Warrior III (Virabhadrasana III)
- Half Moon (Ardha Chandrasana)

4. Stabilizing Series:

- Bridge Pose (Setubandha Sarvangasana)
- Half Plough (Ardha Halasana)
- Half Boat (Ardha Navasana)
- Boat Pose (Navasana)
- Reverse Table Top (Ardha Purvottanasana)
- Arm Balance (Kakasana)
- Side Plank (Utthita Vasisthasana)

5. Grounding Series:

- Triangle (Trikonasana)
- Humble Warrior (Baddha Virabhadrasana)
- Hands to Toes (Padangusthasana)
- Hands to Feet (Pada Hastasana)
- Garland (Malasana)

6. Releasing Series

- Lizard (utthan pristhasana)
- Half Splits (Ardha Hanumanasana)
- Half Pigeon (Ardha Kapotasana)
- Easy Pose (Sukhasana)
- Staff (Dandasana)
- Seated Fold (Paschimottanasana)

7. Resting Series

- Fish (Matsyasana)
- Inverted Action (Viparita Karani)
- Plough (Halasana)
- Reclined Butterfly (Supta Baddhakonasana)
- Happy Baby (Ananda Balasana)
- Wind Release (Apanasana)
- Supine Twist (Supta Matsyendrasana)
- Wind Release (Apanasana)
- Corpse (Savasana)
- Closing Mantra