YS Ashtanga-based Beginner’s (1)  onyouryogamat.com

Surya Namaskara A  (Sun Salutation A) X4

Standing  Inhale (1)  Exhale (2)  Inhale (3)  Exhale (4)  Inhale (5)  Exhale (6)  5 breaths  Inhale (7)  Exhale (8)  Inhale (9)  Standing

Surya Namaskara B  (Sun Salutation B) X2

Standing  Inhale (1)  Exhale (2)  Inhale (3)  Exhale (4)  Inhale (5)  Exhale (6)  Inhale (7)  right leg  Exhale (8)  Inhale (9)  Standing

Downward Facing Dog

Exhale (10)  Inhale (11)  left leg  Exhale (12)  Inhale (13)  Exhale (14)  5 breaths  Inhale (15)  Exhale (16)  Inhale (17)  Standing

Standing Postures  (5 breaths each)

Padangusthasana  (forward bend)

Uththita Trikonasana  (triangle- both sides)

Virabhadrasana B  into  Uththita Parsvakonasana  (warrior B into side angle- right side)

Virabhadrasana A  (warrior A, right)

Virabhadrasana A  (warrior A, left)

Utkatasana  (fierce)

Uththita Parsvakonasana  (hand to big toes posture- both sides)

Parsvottanasana  (side stretch- both sides)

Utthita Pada Konasana  (forward bend, feet spread)

REPEAT: Virabhdrasana B into Utthita Parsvakonasana - left side