



## Intermediate Series

(All postures 5 breaths unless stated otherwise)

								
Pasasana (left side first)	Krounchasana (both sides)	Shalabasana A ... no vinyasa ...	Shalabasana B ... no vinyasa ...	Bhekasana	Dhanurasana	Parsva Dhanurasana ... no vinyasa ...	Dhanurasana ... no vinyasa ...	
								
Ustrasana	Laghuvajrasana	Kapotasana A	Kapotasana B	Prepare (1 breath)	Supta Vajrasana 5 breaths: up/down 5 times: 5 breaths	Bakasana A	jump . . .	Bakasana B
								
Bharadvajasana (both sides)	Ardha Matsyendrasana (both sides)	Prepare (1 breath)	Eka Pada Sirsasana (both sides)	Lift up (1 breath)	Dwi Pada Sirsasana A (left leg first)	Dwi Pada Sirsasana B	Yoganidrasana	
								
Tittibhasana A	Tittibhasana B	Tittibhasana C 5 steps forward/ 5 steps back	Tittibhasana D	Pincha Mayurasana (. . . jump back)	(inhale up . . . exhale down):		Karandavasana (5 breaths here)	(inhale up/ jump back)
								
Mayurasana	Nakrasana (5 jumps forward . . . 5 back)	Vatayanasana (both sides)	Parighasana (both sides)	Gomukhasana A ... no vinyasa ...	Gomukhasana B (both sides)			
								
Supta Urdhva Pada Vajrasana (inhale, roll up)	Mukta Hasta Sirsasana A B and C	Mukta Hasta Sirsasana A B and C	Mukta Hasta Sirsasana A B and C	Baddha Hasta Sirsasana A B C and D	Baddha Hasta Sirsasana A B C and D	Baddha Hasta Sirsasana A B C and D	Baddha Hasta Sirsasana A B C and D	