

SIVANANDA YOGA

12 basic asanas



Sirshasana



Sarvangasana



Halasana



Matsyasana



Paschimothasana



Bhujangasana



Salabhasana



Dhanurasana



Ardha Matsyendrasana



Kakasana



Pada Hasthasana



Trikonasana

Initial relaxation
8-10 sun salutations
Relaxation
Single leg raises
Relaxation
Double leg raises
Relaxation
Headstand (Sirshasana)
Relaxation
Shoulderstand (Sarvangasana)
Plough (Halasana)
Relaxation
Fish (Matsyasana)
Relaxation
Forward bend (Paschimothasana)
Relaxation
Cobra (Bhujangasana)
Relaxation
Locust (Salabhasana)
Relaxation
Bow (Dhanurasana)
Relaxation
Half spinal twist (Ardha Matsyendrasana)
Child's pose
Crow (Kakasana)
Child's pose
Standing forward bend (Pada Hasthasana)
Triangle (Trikonasana)

70 min

9 advanced asanas



Sarvangasana



Karna Peedasana



Kurmasana



Bhujangasana



Poorna Dhanurasana



Vrischikasana



Kapothasana



Poorna Matsyendrasana



Mayoorasana