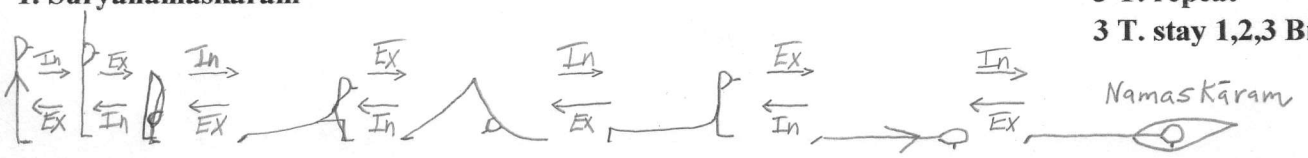
A Classical Yoga Sequence in the Krishnamacharya-Desikachar Tradition

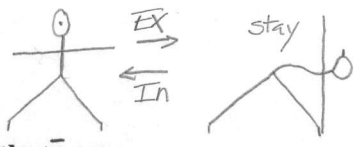
Focus: Sarvāṅgāsana (Shoulder stand) with a Śikṣana (Developmental) Approach

Instructor: Maggie Reagh

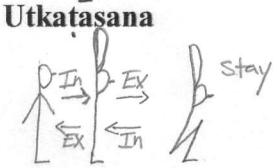
1. Sūryanamaskāram — **3 T. repeat**, **3 T. stay 1,2,3 Br.**



2. Trikoṇāsana — **3 T. repeat**, **3 T. stay 1,2,3 Br.**

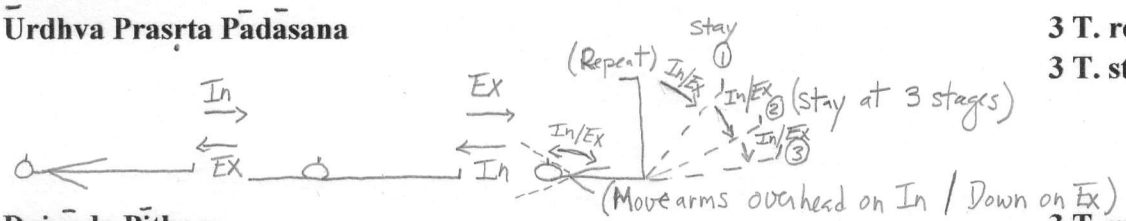


3. Utkaṭāsana — **3 T. repeat**, **3 T. stay 1,2,3 Br.**



4. Cakravākāsana with Adhomukha Śvānāsana — **3 T. repeat**, **3 T. stay 1,2,3 Br.**

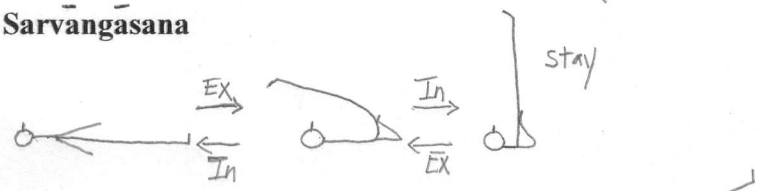
5. Ūrdhva Prasṛta Pādāsana — **3 T. repeat**, **3 T. stay 1,2,3 Br.**



6. Dvipāda Pīṭham — **3 T. repeat**, **3 T. stay 1,2,3 Br.**

Rest

7. Sarvāṅgāsana — **Stay 6 Br.**, **In = Ex = 6 secs.**



Rest