

Yoga

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28-Day Basic/Intermediate Course in Yoga: Day 1

Utthita Trikonasana (Extended Triangle Pose)

Utthita Parshvakonasana (Extended Side Angle Pose)

Ardha Chandrasana (Half Moon Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Supta Virasana (Reclined Hero Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 1 (Breath Awareness – Reclined)

- Lying in Shavasana with the trunk supported

Ujjayi 5 (Breath Awareness – Seated)

- Sitting upright on padding with the back supported

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 2

Utthita Trikonasana (Extended Triangle Pose)

Parshvottanasana (Intense Side Stretch Pose)

Prasarita Padottanasana 1 (Wide Spread Feet Pose 1)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Uttanasana (Intense Stretch Pose) with the head supported

Supta Baddha Konasana (Reclined Bound Angle Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 1 (Breath Awareness – Reclined)

- Lying in Shavasana with the trunk supported

Ujjayi 5 (Breath Awareness – Seated)

- Sitting upright on padding with the back supported

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 3

Utthita Trikonasana (Extended Triangle Pose)

Ardha Chandrasana (Half Moon Pose)

Parivrtta Trikonasana (Revolved Triangle Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Supta Baddha Konasana (Reclined Bound Angle Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 1 (Breath Awareness – Reclined)

- Lying in Shavasana with the trunk supported

Ujjayi 5 (Breath Awareness – Seated)

- Sitting upright on padding with the back supported

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 4

Adho Mukha Shvanasana (Downward Facing Dog Pose)

- Head supported on block

Jatara Parivartanasana (Belly Turning Pose)

- 3–5 blankets under legs, pelvis and lower ribs

Parshva Bharadwajasana (Side Bharadwaja's pose)

- Lie sideways over bolster/blankets with legs bent

Sarvangasana over chair (Shoulder Stand)

Supta Baddha Konasana (Reclined Bound Angle Pose)

Supta Virasana (Reclined Hero Pose)

- Over bolster

Setu Bandha (Bridge Pose)

- Over Bolster

Viparita Karani (Upside Down Pose)

Shavasana (Corpse Pose)

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28-Day Basic/Intermediate Course in Yoga: Day 5

Adho Mukha Shvanasana (Downward Facing Dog Pose)

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Adho Mukha Ardha Padmasana (Downward Facing Half Lotus Pose)

Alternate Pose: Adho Mukha Sukhasana (Downward Facing Comfortable Pose)

Ardha Baddha Padma Pashchimottasana (Half Bound Lotus Intense West Stretch Pose)

Alternate Pose: Gomukhasana (Cow Face Pose) – forward bend

Janu Shirshasana (Head of the Knee Pose)

Shavasana (Corpse Pose)

Ujjayi 1 (Breath Awareness – Reclined)

- Lying in Shavasana with the trunk supported

Ujjayi 5 (Breath Awareness – Seated)

- Sitting upright on padding with the back supported

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 6

Adho Mukha Shvanasana (Downward Facing Dog Pose)

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Bhujangasana (Cobra Pose)

Dhanurasana (Bow Pose)

Ushtrasana (Camel Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 1 (Breath Awareness – Reclined)

- Lying in Shavasana with the trunk supported

Ujjayi 5 (Breath Awareness – Seated)

- Sitting upright on padding with the back supported

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 7

Complete Rest

OR

Shavasana (Corpse Pose)

- 15 to 30 minutes

Ujjayi 1 (Breath Awareness – Reclined)

- Lying in Shavasana with the trunk supported

Ujjayi 5 (Breath Awareness – Seated)

- Sitting upright on padding with the back supported

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 8

Utthita Trikonasana (Extended Triangle Pose)

Virabhadrasana 2 (Warrior Pose 2)

Utthita Parshvakonasana (Extended Side Angle Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Supta Virasana (Reclined Hero Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 2 (Emphasis of Exhalation – Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the exhalation without straining

Ujjayi 5 (Emphasis of Exhalation – Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 9

Adho Mukha Shvanasana (Downward Facing Dog Pose)

Parshvottanasana (Intense Side Stretch Pose)

Prasarita Padottanasana 1 (Wide Spread Feet Pose 1)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Supta Baddha Konasana (Reclined Bound Angle Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 2 (Emphasis of Exhalation – Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the exhalation without straining

Ujjayi 5 (Emphasis of Exhalation – Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 10

Utthita Trikonasana (Extended Triangle Pose)

Parivrtta Ardha Chandrasana (Revolved Half Moon Pose)

Parivrtta Trikonasana (Revolved Triangle Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Supta Baddha Konasana (Reclined Bound Angle Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 2 (Emphasis of Exhalation – Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the exhalation without straining

Ujjayi 5 (Emphasis of Exhalation – Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 11

Adho Mukha Shvanasana (Downward Facing Dog Pose)

- Head supported on block

Jatara Parivartanasana (Belly Turning Pose)

- 3-5 blankets under legs, pelvis and lower ribs

Parshva Bharadwajasana (Side Bharadwaja's pose)

- Lie sideways over bolster/blankets with legs bent

Sarvangasana over chair (Shoulder Stand)

Supta Baddha Konasana (Reclined Bound Angle Pose)

Supta Virasana (Reclined Hero Pose)

- Over bolster

Setu Bandha (Bridge Pose)

- Over Bolster

Viparita Karani (Upside Down Pose)

Shavasana (Corpse Pose)

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28-Day Basic/Intermediate Course in Yoga: Day 12

Adho Mukha Shvanasana (Downward Facing Dog Pose)

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Adho Mukha Virasana (Downward Facing Hero Pose)

Alternate Pose: Adho Mukha Vajrasana (Downward Facing Thunderbolt Pose)

Triang Mukhaikapada Pashchimottanasana (Three Limbs Facing Intense West Stretch Pose)

Janu Shirshasana (Head of the Knee Pose)

Shavasana (Corpse Pose)

Ujjayi 2 (Emphasis of Exhalation – Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the exhalation without straining

Ujjayi 5 (Emphasis of Exhalation – Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 13

Adho Mukha Shvanasana (Downward Facing Dog Pose)

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Kapotasana (Pigeon Pose)

- Over chair

Urdhva Dhanurasana (Upward Wheel Pose)

- Feet on chair

Dwi Pada Viparita Dandasana (Two-Leg Inverted Staff Pose)

- Feet on chair

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 2 (Emphasis of Exhalation – Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the exhalation without straining

Ujjayi 5 (Emphasis of Exhalation – Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 14

Complete Rest

OR

Shavasana (Corpse Pose)

- 15 to 30 minutes

Ujjayi 2 (Emphasis of Exhalation – Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the exhalation without straining

Ujjayi 5 (Emphasis of Exhalation – Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 15

Surya Namaskar (Sun Salutations)

- Any simple variation
- 1 set/3-5 rounds

Utthita Trikonasana (Extended Triangle Pose)

Virabhadrasana 2 (Warrior Pose 2)

Virabhadrasana 1 (Warrior Pose 1)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Supta Virasana (Reclined Hero Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 3 (Emphasis of Inhalation - Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation without straining

Ujjayi 5 (Emphasis of Inhalation - Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 16

Surya Namaskar (Sun Salutations)

- Any simple variation
- 1 set/3-5 rounds

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Supta Baddha Konasana (Reclined Bound Angle Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Triang Mukhaikapada Pashchimottanasana (Three Limbs Facing Intense West Stretch Pose)

Janu Shirshasana (Head of the Knee Pose)

Pashchimottanasana (Intense West Stretch Pose)

Shavasana (Corpse Pose)

Ujjayi 3 (Emphasis of Inhalation - Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation without straining

Ujjayi 5 (Emphasis of Inhalation - Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 17

Surya Namaskar (Sun Salutations)

- Any simple variation
- 1 set/3-5 rounds

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Supta Baddha Konasana (Reclined Bound Angle Pose)

Marichyasana 1 (Marichi's Pose 1)

- twist only

Marichyasana 3 (Marichi's Pose 3)

Ardha Matsyendrasana 1 (Half Lord of the Fishes Pose 1)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 3 (Emphasis of Inhalation - Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation without straining

Ujjayi 5 (Emphasis of Inhalation - Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 18

Adho Mukha Shvanasana (Downward Facing Dog Pose)

- Head supported on block

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with head on block

Jatara Parivartanasana (Belly Turning Pose)

- 3-5 blankets under legs, pelvis and lower ribs

Parshva Bharadwajasana (Side Bharadwaja's pose)

- Lie sideways, face down over bolster/blankets with legs bent

Sarvangasana over chair (Shoulder Stand)

Supta Baddha Konasana (Reclined Bound Angle Pose)

Supta Virasana (Reclined Hero Pose)

- Over bolster

Setu Bandha (Bridge Pose)

- Over Bolster

Viparita Karani (Upside Down Pose)

Shavasana (Corpse Pose)

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28-Day Basic/Intermediate Course in Yoga: Day 19

Surya Namaskar (Sun Salutations)

- Any simple variation
- 1 set/3-5 rounds

Urdhva Prasarita Padasana (Upward Extended Feet Pose)

Ardha Navasana (Half Boat Pose)

Jatara Parivartanasana (Belly Turning Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 3 (Emphasis of Inhalation - Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation without straining

Ujjayi 5 (Emphasis of Inhalation - Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 20

Surya Namaskar (Sun Salutations)

- Any simple variation
- 1 set/3-5 rounds

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Bhujangasana (Cobra Pose)

Dhanurasana (Bow Pose)

Ushtrasana (Camel Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 3 (Emphasis of Inhalation - Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation without straining

Ujjayi 5 (Emphasis of Inhalation - Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 21

Complete Rest

OR

Shavasana (Corpse Pose)

- 15 to 30 minutes

Ujjayi 3 (Emphasis of Inhalation – Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation without straining

Ujjayi 5 (Emphasis of Inhalation – Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 22

Surya Namaskar (Sun Salutations)

- Any simple variation
- 1 set/3-5 rounds

Utthita Trikonasana (Extended Triangle Pose)

Parivrtta Ardha Chandrasana (Revolved Half Moon Pose)

Parivrtta Trikonasana (Revolved Triangle Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Supta Virasana (Reclined Hero Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 4 (Emphasis of Inhalation and Exhalation - Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation and exhalation without straining

Ujjayi 6 (Emphasis of Inhalation and Exhalation - Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation and exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 23

Surya Namaskar (Sun Salutations)

- Any simple variation
- 1 set/3-5 rounds

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Supta Baddha Konasana (Reclined Bound Angle Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Adho Mukha Ardha Padmasana (Downward Facing Half Lotus Pose)

Alternate Pose: Adho Mukha Sukhasana (Downward Facing Comfortable Pose)

Ardha Baddha Padma Pashchimottasana (Half Bound Lotus intense West Stretch Pose)

Alternate Pose: Janu Shirshasana (Head of the Knee Pose)

Adho Mukha Padmasana (Downward Facing Lotus Pose)

Alternate Pose: Gomukhasana (Cow Face Pose) with forward extension

Shavasana (Corpse Pose)

Ujjayi 4 (Emphasis of Inhalation and Exhalation - Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation and exhalation without straining

Ujjayi 6 (Emphasis of Inhalation and Exhalation - Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation and exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 24

Surya Namaskar (Sun Salutations)

- Any simple variation
- 1 set/3-5 rounds

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Marichyasana 3 (Marichi's Pose 3)

Ardha Matsyendrasana 1 (Half Lord of the Fishes Pose 1)

Pashasana (Noose Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 4 (Emphasis of Inhalation and Exhalation - Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation and exhalation without straining

Ujjayi 6 (Emphasis of Inhalation and Exhalation - Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation and exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 25

Adho Mukha Shvanasana (Downward Facing Dog Pose)

- Head supported on block

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with head on block

Jatara Parivartanasana (Belly Turning Pose)

- 3-5 blankets under legs, pelvis and lower ribs

Parshva Bharadwajasana (Side Bharadwaja's pose)

- Lie sideways over bolster/blankets with legs bent

Sarvangasana over chair (Shoulder Stand)

Supta Baddha Konasana (Reclined Bound Angle Pose)

Supta Virasana (Reclined Hero Pose)

- Over bolster

Setu Bandha (Bridge Pose)

- Over Bolster

Viparita Karani (Upside Down Pose)

Shavasana (Corpse Pose)

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28-Day Basic/Intermediate Course in Yoga: Day 26

Surya Namaskar (Sun Salutations)

- Any simple variation
- 1 set/3-5 rounds

Paripurna Navasana (Full Boat Pose)

Ardha Navasana (Half Boat Pose)

Jatara Parivartanasana (Belly Turning Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 4 (Emphasis of Inhalation and Exhalation - Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation and exhalation without straining

Ujjayi 6 (Emphasis of Inhalation and Exhalation - Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation and exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 27

Surya Namaskar (Sun Salutations)

- Any simple variation
- 1 set/3-5 rounds

Bharadwajasana 2 (Bharadwaja's Pose 2)

Alternate Pose: Bharadwajasana 1

Adho Mukha Vrksasana (Hand Stand)

Alternate Pose: Adho Mukha Shvanasana (Downward Facing Dog Pose)

Salamba Shirshasana 1 (Head Stand 1)

Alternate Pose: Prasarita Padottanasana 1 (Wide Spread Feet Pose 1) with the head supported

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Kapotasana (Pigeon Pose)

- Over chair

Urdhva Dhanurasana (Upward Wheel Pose)

- Feet on chair

Dwi Pada Viparita Dandasana (Two-Leg Inverted Staff Pose)

- Feet on chair

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Ujjayi 4 (Emphasis of Inhalation and Exhalation - Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation and exhalation without straining

Ujjayi 6 (Emphasis of Inhalation and Exhalation - Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation and exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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28-Day Basic/Intermediate Course in Yoga: Day 28

Complete Rest

OR

Shavasana (Corpse Pose)

- 15 to 30 minutes

Ujjayi 4 (Emphasis of Inhalation and Exhalation - Reclined)

- Lying in Shavasana with the trunk supported
- Gently emphasize and extend the inhalation and exhalation without straining

Ujjayi 6 (Emphasis of Inhalation and Exhalation - Seated)

- Sitting upright on padding with the back supported
- Gently emphasize and extend the inhalation and exhalation without straining

Pratyahara (Sense Withdrawal)

- Lying in Shavasana with a head wrap, focusing on releasing the sense organs

Dharana (Meditation)

- Sitting upright on padding with the back supported
- Simple focus: counting breaths, mantra repetition, etc.

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