

Yoga

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28-Day Intermediate Course in Yoga: Day 1

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Vrkshasana (Tree Pose)

Utthita Trikonasana (Extended Triangle Pose)

Virabhadrasana 2 (Warrior Pose 2)

Utthita Parshvakonasana (Extended Side Angle Pose)

Ardha Chandrasana (Half Moon Pose)

Parighasana (Gate Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrkshasana (Hand Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Virasana (Reclined Hero Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Viloma 1 (Interrupted Inhalation - Reclined)

- Lying in Shavasana with the trunk supported

Viloma 4 (Interrupted Inhalation - 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 Intermediate Course in Yoga: Day 2

Surya Namaskar (2 sets/3–5 rounds)

- 2 sets/3–5 rounds each
- One simple set, one more challenging

Utthita Trikonasana (Extended Triangle Pose)

Parshvottanasana (Intense Side Stretch Pose)

Prasarita Padottanasana 1 (Wide Spread Feet Pose 1)

Uttanasana (Intense Stretch Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Baddha Konasana (Reclined Bound Angle Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Adho Mukha Ardha Padmasana (Half Downward Facing Lotus Pose)

Adho Mukha Padmasana (Downward Facing Lotus Pose)

Shavasana (Corpse Pose)

Viloma 1 (Interrupted Inhalation – Reclined)

- Lying in Shavasana with the trunk supported

Viloma 4 (Interrupted Inhalation – 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 Intermediate Course in Yoga: Day 3

Surya Namaskar (2 sets/3–5 rounds)

- 2 sets/3–5 rounds each
- One simple set, one more challenging

Utthita Trikonasana (Extended Triangle Pose)

Ardha Chandrasana (Half Moon Pose)

Parivrtta Ardha Chandrasana (Revolved Half Moon Pose)

Parivrtta Trikonasana (Revolved Triangle pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Baddha Konasana (Reclined Bound Angle Pose)

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)

Viloma 1 (Interrupted Inhalation – Reclined)

- Lying in Shavasana with the trunk supported

Viloma 4 (Interrupted Inhalation – 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 Intermediate Course in Yoga: Day 4

Adho Mukha Shvanasana (Downward Facing Dog Pose)

- Head supported on block

Salamba Shirshasana 1 (Head Stand 1)

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 Intermediate Course in Yoga: Day 5

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Supta Padangusthasana 1 (Reclined Big Toe Pose 1)

Supta Padangusthasana 2 (Reclined Big Toe Pose 2)

Urdhva Prasarita Padasana (Upward Extended Feet pose)

Paripurna Navasana (Full Boat Pose)

Ardha Navasana (Half Boat Pose)

Jatara Parivartanasana (Belly Turning pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Salamba Shirshasana 1 (Head Stand 1)

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Viloma 1 (Interrupted Inhalation - Reclined)

- Lying in Shavasana with the trunk supported

Viloma 4 (Interrupted Inhalation - 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 Intermediate Course in Yoga: Day 6

Surya Namaskar (2 sets/3–5 rounds)

- 2 sets/3–5 rounds each
- One simple set, one more challenging

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Salamba Shirshasana 1 (Head Stand 1)

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Shalabhasana (Locust Pose)

Bhujangasana (Cobra Pose)

Urdhva Mukha Shvanasana (Upward Facing Dog Pose)

Dhanurasana (Bow Pose)

Parshva Dhanurasana (Side Bow Pose)

Ushtrasana (Camel Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Viloma 1 (Interrupted Inhalation – Reclined)

- Lying in Shavasana with the trunk supported

Viloma 4 (Interrupted Inhalation – 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 Intermediate Course in Yoga: Day 7

Complete Rest

OR

Shavasana (Corpse Pose)

Viloma 1 (Interrupted Inhalation – Reclined)

- Lying in Shavasana with the trunk supported

Viloma 4 (Interrupted Inhalation – 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 Intermediate Course in Yoga: Day 8

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Utkatasana (Fierce Pose)

Garudasana (Eagle Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Virasana (Reclined Hero Pose)

Gomukhasana (Cow Face Pose)

- Full pose with shins together and arm variation

Gomukhasana (Cow Face Pose)

- Simple variation, no arms, sitting between heels with forward extension

Baddha Konasana (Bound Angle Pose)

Upavishtha Konasana (Seated Angle Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Viloma 2 (Interrupted Exhalation - Reclined)

- Lying in Shavasana with the trunk supported

Viloma 5 (Interrupted Exhalation - 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 Intermediate Course in Yoga: Day 9

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Utthita Trikonasana (Triangle Pose)

Parshvottanasana (Intense Side Stretch Pose)

Ardha Baddha Padmottanasana (Half Bound Lotus Intense Stretch Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Baddha Konasana (Reclined Bound Angle Pose)

Adho Mukha Ardha Padmasana (Downward Facing Half Lotus Pose)

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

Adho Mukha Padmasana (Downward Facing Lotus Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Viloma 2 (Interrupted Exhalation - Reclined)

- Lying in Shavasana with the trunk supported

Viloma 5 (Interrupted Exhalation - 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 Intermediate Course in Yoga: Day 10

Surya Namaskar (2 sets/3–5 rounds)

- 2 sets/3–5 rounds each
- One simple set, one more challenging

Utthita Parshvakonasana (Extended Side Angle Pose)

Parivrtta Parshvakonasana (Revolved Side Angle Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Baddha Konasana (Reclined Bound Angle Pose)

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

Pashasana (Noose Pose)

Eka Hasta Bhujasana (One Hand and Arm Pose)

Parshva Bakasana (Side Crow Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Viloma 2 (Interrupted Exhalation – Reclined)

- Lying in Shavasana with the trunk supported

Viloma 5 (Interrupted Exhalation – 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 Intermediate Course in Yoga: Day 11

Adho Mukha Shvanasana (Downward Facing Dog Pose)

- Head supported on block

Salamba Shirshasana 1 (Head Stand 1)

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 Intermediate Course in Yoga: Day 12

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Paripurna Navasana (Full Boat Pose)

Ardha Navasana (Half Boat Pose)

Jatara Parivartanasana (Belly-Turning Pose)

Urdhva Prasarita Padasana (Upward Extended Feet Pose)

Ubhaya Padangusthasana (Both Big Toes Pose)

Urdhva Mukha Pashchimottanasana 1 (Upward Facing Intense West Stretch Pose 1)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Salamba Shirshasana 1 (Head Stand 1)

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Viloma 2 (Interrupted Exhalation - Reclined)

- Lying in Shavasana with the trunk supported

Viloma 5 (Interrupted Exhalation - 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 Intermediate Course in Yoga: Day 13

Surya Namaskar (2 sets/3–5 rounds)

- 2 sets/3–5 rounds each
- One simple set, one more challenging

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Salamba Shirshasana 1 (Head Stand 1)

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Kapotasana (Pigeon Pose)

- Over chair

Urdhva Dhanurasana (Upward Bow Pose)

- Feet on chair

Dwi Pada Viparita Dandasana (Two Leg Inverted Staff Pose)

- Feet on chair

Urdhva Dhanurasana (Upward Bow Pose)

Dwi Pada Viparita Dandasana (Two Leg Inverted Staff Pose)

Jatara Parivartanasana (Belly Turning Pose)

- Passive variation with 2–3 blankets under pelvis and lower back

Setu Bandha (Bridge Pose)

Alternate Pose: Parshva Bharadwajasana (Side Bharadwaja's Pose)—lying to side over bolster

Salamba Sarvangasana 1 (Shoulder Stand)

Alternate Pose: Ardha Halasana (Half Plough Pose)—legs on chair

Halasana (Plough Pose)

Alternate Pose: Pashchimottanasana (Intense West Stretch Pose)

Shavasana (Corpse Pose)

Viloma 2 (Interrupted Exhalation – Reclined)

- Lying in Shavasana with the trunk supported

Viloma 5 (Interrupted Exhalation – 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 Intermediate Course in Yoga: Day 14

Complete Rest

OR

Shavasana (Corpse Pose)

- 15 to 30 minutes

Viloma 2 (Interrupted Exhalation – Reclined)

- Lying in Shavasana with the trunk supported

Viloma 5 (Interrupted Exhalation – 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 Intermediate Course in Yoga: Day 15

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Utthita Trikonasana (Extended Triangle Pose)

Virabhadrasana 2 (Warrior Pose 2)

Virabhadrasana 1 (Warrior Pose 1)

Virabhadrasana 3 (Warrior Pose 3)

Parshvottanasana (Intense Side Stretch Pose)

Prasarita Padottanasana 2 (Widespread Feet Pose 2)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Pincha Mayurasana (Forearm Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Virasana (Reclined Hero Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Viloma 3 (Interrupted Inhalation and Exhalation – Reclined)

- Lying in Shavasana with the trunk supported

Viloma 6 (Interrupted Inhalation and Exhalation – 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 Intermediate Course in Yoga: Day 16

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Pincha Mayurasana (Forearm Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Baddha Konasana (Reclined Bound Angle Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Adho Mukha Virasana (Downward Facing Hero Pose)

Triang Mukhaikada Pashchimottasana (Three Limbs Facing Intense West Stretch Pose)

Marichyasana 1 (Marichi's Pose 1)

Janu Shirshasana (Head of the Knee Pose)

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

Adho Mukha Padmasana (Downward Facing Lotus Pose)

Shavasana (Corpse Pose)

Viloma 3 (Interrupted Inhalation and Exhalation - Reclined)

- Lying in Shavasana with the trunk supported

Viloma 6 (Interrupted Inhalation and Exhalation - 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 Intermediate Course in Yoga: Day 17

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Pincha Mayurasana (Forearm Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Baddha Konasana (Reclined Bound Angle Pose)

Marichyasana 3 (Marichi's Pose 3)

Marichyasana 6 (Marichi's Pose 6)

- Marichyasana 3 with Virasana leg (also known as Marichyasana F)

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

Parivrtta Parshvakonasana (Revolved Side Angle Pose)

Pashasana (Noose Pose)

Parshva Bakasana (Side Crow Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Viloma 3 (Interrupted Inhalation and Exhalation - Reclined)

- Lying in Shavasana with the trunk supported

Viloma 6 (Interrupted Inhalation and Exhalation - 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 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 Intermediate Course in Yoga: Day 19

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Pariipurna Navasana (Full Boat Pose)

Ardha Navasana (Half Boat Pose)

Urdhva Prasarita Padasana (Upward Extended Feet Pose)

Jatara Parivartanasana (Belly Turning Pose)

Supta Padangusthasana 1 (Reclined Big Toe Pose 1)

Supta Padangusthasana 2 (Reclined Big Toe Pose 2)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Pincha Mayurasana (Forearm Stand)

Salamba Shirshasana 1 (Head Stand 1)

Viparita Dandasana (Inverted Staff Pose)

- Over chair

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Viloma 3 (Interrupted Inhalation and Exhalation - Reclined)

- Lying in Shavasana with the trunk supported

Viloma 6 (Interrupted Inhalation and Exhalation - 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 Intermediate Course in Yoga: Day 20

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Pincha Mayurasana (Forearm Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Virasana (Reclined Hero Pose)

Bhujangasana (Cobra Pose)

Urdhva Mukha Shvanasana (Upward Facing Dog Pose)

Dhanurasana (Bow Pose)

Parshva Dhanurasana (Side Bow Pose)

Ardha Bhikasana (Half Frog pose)

Ushtrasana (Camel Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Shavasana (Corpse Pose)

Viloma 3 (Interrupted Inhalation and Exhalation - Reclined)

- Lying in Shavasana with the trunk supported

Viloma 6 (Interrupted Inhalation and Exhalation - 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 Intermediate Course in Yoga: Day 21

Complete Rest

OR

Shavasana (Corpse Pose)

- 15 to 30 minutes

Viloma 3 (Interrupted Inhalation and Exhalation – Reclined)

- Lying in Shavasana with the trunk supported

Viloma 6 (Interrupted Inhalation and Exhalation – 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 Intermediate Course in Yoga: Day 22

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Utthita Trikonasana (Extended Triangle Pose)

Parshvottanasana (Intense Side Stretch Pose)

Utthita Hasta Padangusthasana 1 (Extended Hand to Big Toe Pose 1)

Utthita Hasta Padangusthasana 2 (Extended Hand to Big Toe Pose 2)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Pincha Mayurasana (Forearm Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Virasana (Reclined Hero Pose)

Baddha Konasana (Bound Angle Pose)

Upavishtha Konasana (Seated Angle 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

Nadi Shodhana 1b (Basic Alternate Nostril Breathing - 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 Intermediate Course in Yoga: Day 23

Surya Namaskar (2 sets/3–5 rounds)

- 2 sets/3–5 rounds each
- One simple set, one more challenging

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Pincha Mayurasana (Forearm Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Baddha Konasana (Reclined Bound Angle Pose)

Setu Bandha (Bridge Pose)

Salamba Sarvangasana 1 (Shoulder Stand)

Halasana (Plough Pose)

Janu Shirshasana (Head of the Knee Pose)

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

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

Krounchasana (Heron Pose)

Marichyasana 1 (Marichi's Pose 1)

Marichyasana 5 (Marichi's Pose 5)

- Also known as Marichyasana E
- Similar to Marichyasana 1, but with extended leg folded in Virasana

Shavasana (Corpse Pose)

Ujjayi 4 (Emphasis of Inhalation and Exhalation – Reclined)

- Lying in Shavasana with the trunk supported

Nadi Shodhana 1b (Basic Alternate Nostril Breathing – 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 Intermediate Course in Yoga: Day 24

Surya Namaskar (2 sets/3–5 rounds)

- 2 sets/3–5 rounds each
- One simple set, one more challenging

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Pincha Mayurasana (Forearm Stand)

Salamba Shirshasana 1 (Head Stand 1)

Supta Baddha Konasana (Reclined Bound Angle Pose)

Marichyasana 3 (Marichi's Pose 3)

Marichyasana 6 (Marichi's Pose 6)

- Also known as Marichyasana F
- Similar to Marichyasana 3, but with extended leg folded in Virasana

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

Pashasana (Noose Pose)

Parshva Bakasana (Side Crow Pose)

Eka Pada Koundinyasana 1 (Single Leg Koundinya's Pose 1)

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

Nadi Shodhana 1b (Basic Alternate Nostril Breathing – 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 Intermediate Course in Yoga: Day 25

Adho Mukha Shvanasana (Downward Facing Dog Pose)

- Head supported on block

Salamba Shirshasana 1 (Head Stand 1)

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 Intermediate Course in Yoga: Day 26

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Malasana (Garland Pose)

Bakasana (Crow pose)

Eka Hasta Bhujasana (Single Leg and Arm Pose)

Tittibhasana (Firefly Pose)

Eka Pada Koundinyasana 2 (Single Leg Koundinya's Pose 2)

Ashtavakrasana (Ashtavakra's Pose)

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Pincha Mayurasana (Forearm Stand)

Salamba Shirshasana 1 (Head Stand 1)

Viparita Dandasana (Inverted Staff 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

Nadi Shodhana 1b (Basic Alternate Nostril Breathing - 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 Intermediate Course in Yoga: Day 27

Surya Namaskar (2 sets/3-5 rounds)

- 2 sets/3-5 rounds each
- One simple set, one more challenging

Bharadwajasana 2 (Bharadwaja's Pose 2)

Adho Mukha Vrksasana (Hand Stand)

Pincha Mayurasana (Forearm Stand)

Salamba Shirshasana 1 (Head Stand 1)

Viparita Dandasana (Inverted Staff Pose)

Kapotasana (Pigeon Pose)

- On chair

Vrschikasana 1 (Scorpion Pose)

- Feet on chair

Urdhva Dhanurasana (Upward Bow Pose)

Dwi Pada Viparita Dandasana (Two Leg Inverted Staff Pose)

Eka Pada Viparita Dandasana (Single Leg Inverted Staff Pose)

Parshva Bharadwajasana (Side Bharadwaja's Pose)

- Lie sideways over bolster with knees, bent, legs to opposite side

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

Nadi Shodhana 1b (Basic Alternate Nostril Breathing - 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 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

Nadi Shodhana 1b (Basic Alternate Nostril Breathing - 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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