

## HALKA YOGA SCHOOL ASANA LAB

<p><b>1) Base Pose &amp; Warm Up</b></p> <ul style="list-style-type: none"> <li>- 1.1. Sukhasana</li> <li>- 1.2. Child Pose</li> <li>- 1.3. Shavasana</li> <li>- 1.4. Cat &amp; Cow</li> <li>- 1.5. Seated Warm Up</li> <li>- 1.6. Lying Down Warm up</li> </ul>	<p><b>2) Classical Sun Salutation</b></p> <ul style="list-style-type: none"> <li>- 2.0. The Flow</li> <li>- 2.1. Mountain pose</li> <li>- 2.2. Upward Hand Pose</li> <li>- 2.3. Standing Forward Bend</li> <li>- 2.4. Low Lunge</li> <li>- 2.5. Plank</li> <li>- 2.6. Knee Chest Chin</li> <li>- 2.7. Cobra</li> <li>- 2.8. Downward Dog</li> </ul>	<p><b>3) Sun Salutation B</b></p> <ul style="list-style-type: none"> <li>- 3.0. The Flow</li> <li>- 3.1. Chair pose</li> <li>- 3.2. Half Forward Fold</li> <li>- 3.3. Upward Dog</li> <li>- 3.4. Chaturanga</li> <li>- 3.5. Warrior 1</li> </ul>
<p><b>4) Standing Pose</b></p> <ul style="list-style-type: none"> <li>- 4.1. Warrior 2</li> <li>- 4.2. Warrior 3</li> <li>- 4.3. Reverse Warrior</li> <li>- 4.4. Extended Side Angle</li> <li>- 4.5. Triangle</li> <li>- 4.6. Intense side stretch</li> <li>- 4.7. Wide Leg Fold</li> </ul>	<p><b>5) Seated Pose</b></p> <ul style="list-style-type: none"> <li>- 5.1. Butterfly</li> <li>- 5.2. Lotus</li> <li>- 5.3. Seated Forward Bend</li> <li>- 5.4. Head to Knee</li> </ul>	<p><b>6) Prone &amp; Supine Pose</b></p> <ul style="list-style-type: none"> <li>- 6.1. Fish Pose</li> <li>- 6.2. Boat</li> <li>- 6.3. frog</li> <li>- 6.4. Locust</li> </ul>
<p><b>7) Balancing Pose</b></p> <ul style="list-style-type: none"> <li>- 7.1. Tree Pose</li> <li>- 7.2. Hand to toe</li> <li>- 7.3. Half Moon Pose</li> <li>- 7.4. Tiger pose</li> </ul>	<p><b>8) Twist &amp; Binding Pose</b></p> <ul style="list-style-type: none"> <li>- 8.1. Half Lord of The Fish</li> <li>- 8.2. Twisted squad /</li> <li>- 8.3. Revolved side angle /</li> <li>- 8.4. Eagle Pose</li> </ul>	<p><b>9) Inversion</b></p> <ul style="list-style-type: none"> <li>- 7.1. Leg Up The Wall</li> <li>- 7.2. Plow</li> <li>- 7.3. Shoulder stand</li> <li>- 7.4. Headstand</li> </ul>
<p><b>10) Splits</b></p> <ul style="list-style-type: none"> <li>- 10.1. Lizard</li> <li>- 10.2. Front splits</li> <li>- 10.3. Standing splits</li> <li>- 10.4. Middle split</li> </ul>	<p><b>11). Backbend Pose</b></p> <ul style="list-style-type: none"> <li>- 11.1. Camel Pose</li> <li>- 11.2. Dancer Pose</li> <li>- 11.3. Wheel Pose</li> <li>- 11.4. Bow Pose</li> </ul>	<p><b>12) Arm Balance</b></p> <ul style="list-style-type: none"> <li>- 12.1. Extended Side Plank</li> <li>- 12.2. Crow pose</li> <li>- 12.3. Side Crow</li> <li>- 12.4. Eight Angle</li> </ul>