













LEVEL I POSES: WILLOW STREET YOGA CENTER





WARM UP POSES:

- VAJRASANA (sit on feet) 
- PARVATASANA (cross legs, raise arms) 
- GOMUKTASANA (face of the cow, arms only) 
- DANDASANA (Staff pose) 
- Simple Lunge with blocks
- Judith's Hip Opener (ankle on knee, reclining)



STANDING POSES:

- TADASANA (mountain) 
- UTTANASANA (hands on wall) 
- UTTHITA TRIKONASANA (triangle) 
- VIRABHADRASANA I & II (warrior) 
- UTTHITA PARSVAKONASANA (lateral flank stretch) 
- PARSVOTTANASANA (intense side stretch) 
- PRASARITA PADDOTTANASANA (standing forward bend/wide stance) 
- VRKSASANA (tree) 
- UTKATASANA (chair) 
- SUN SALUTATIONS (Basic level 1, after teaching all parts separately)



ARM WORK/ INVERSIONS:

- ADHO MUKHA SVANASANA (downward facing dog) 
- Plank Pose
- CHATTURANGA DANDASANA (use blocks, heels on wall) 




BACKBENDS:

- Passive Chest Opener over rolled blanket
- SETU BANDA SARVANGASANA (bridge, bent knees) 
- Sphinx (Baby Cobra, forearms on floor, lift hands) 
- Locust Series (Baby lifts, opp. hand & leg)



TWISTS:

- SUKASANA (easy cross legged twist) 
- MARICHYASANA III (modified)
- RAMANANDASANA (reclining side sit twist at wall)
- Chair Twist
- SUPTA PADANGUSTASANA (reclining leg stretch to side with belt) 
- Reclining Twist- Knees to side



SITTING POSES & FORWARD BENDS:

- SUPTA PADANGUSTASANA I, II, III (reclining leg stretches, belt) 
- DANDASANA (staff pose) 
- SIDDHASANA 




ABDOMINAL WORK:

- JATHARA PARIVARTANASANA (supine twist, knees together) 
- Reclining leg lowers, one knee bent 

HIP OPENERS:

- Judith's Hip Opener (ankle on knee, reclining) 
- BADDHA KONASANA (bound angle, against wall) 
- UPAVISTA KONASANA (wide angle, against wall)

RESTORATIVE POSES:

- Passive Chest Opener (over rolled blanket) 
- SUPTA BADHA KONASANA 
- SUPTA SUKASANA (belt around knees)
- VIPARITA KARANI (1-2 blankets under hips, legs up wall) 
- SAVASANA 