

SEEKING OUR INTERNAL TRUTH

YogaFit Level 4 Master Class Day 1 – Twists and Balances

Mantra: Om asatoma

Mudra: samnirodhani and abhaya

Cakra: Anja

Yama: Satya

Sutra: 1:1, 2:54, 2:36

Upanishads 1:27 Ekam sat, vipraha bahudha vadanti

Tao #33

Asana:

Stithi warm-up

Surya bheyda with Surya namaskara

Virabhadrasana eka, dvi

Anjaneyasana with garudasana hasta option

Uttanasana with chest expansion

Utthita parsva konasana

Parivrtta anjaneyasana

Parivrtta utkatasana

Prasarita padottanasana

Baddha eka pada konasana

Parivrtta ardha chandrasana

Parivrtta utkatasana/Parsva bakasana

Prasarita padottanasana

Vrksasana

Urdhva eka pada kapotasana

Anjaneyasana

Ardha tittibhasana

Squat with anjali mudra

Tittibhasana

Navasana with kapalabhati

Janu sirasana

Parivrtta janu sirasana

Salambha eka pada raja kapotasana

Ardha matseyandrasana

Dandasana

Purvottanasana

Supta padangusthasana

Jathara parivrttasana

Viparita karani

Savasana

FLOWING WITH LOVE

YogaFit Level 4 Master Class – Day 2 – Backbending

Mantra: Om mani padme hum

Mudra: avahani, anjali, padma

Cakra: anahata

Yama: ahimsa

Sutra: 2:39, Tao 74, Reading from Vivekananda on “Shining in everything is love”

Asana:

Standard warm-up including candra kriya and surya kriya with hasta options and mudras
Surya namaskara

Anahata opening, Uttita hastasana, anjali mudra (joy, love, gratitude, peace)

Virabhadrasana eka – hasta option – lat pull down

Bhujangasana work

Virabhadrasana dvi – hasta option – flowing archer

Urdhva mukha svanasana work

Trikonasana – hasta option – shoulder circles

Anjaneyasana – uttita hasta, gomukha hasta

Uttita parsva konasana/Virabhadrasana (reverse) flow

Vasisthasana options

Prasarita padottanasana – parivrtta hasta options

Stitti ustrasana

cakravakasana

Garudasana

Virabhadrasana tri

Urdhva prasarita eka padasana

Adho mukha svanasana to urdhva dhanurasana in stages

At wall:

Cakrasana

Ustrasana to kapotanasana

Eka pada raja kapotasana options

Supta padangusthasana

Salamba eka pada kapotasana

Jathara parivrttasana

Salamba sarvangasana from viparita karani

Pavana mukhtasana

Matsayasana

Savasana and dharana

OPENING TO HAPPINESS

YogaFit Level 4 Master Class – Day 3 – Hip Openers

Mantra: lokah samasta sukhino bhavantu

Mudra: yoni, surya

Cakra: svadisthana

Yama: bhramacarya

Sutras: 1:33, 1:15, 2:17, 2:28

Gita: 5:24

Asana:

Standing warm-up – incorporate hips circles in cakravakasana, ankle circles
Surya namaskara

Virabhadrasana dvi with hip rotations and circles

Uttanasana/anjaneyasana vinyasa

Uttita parsva konasana

Eka pada baddha konasana

Prasarita paddottanasana – hip shifts

Ardha candrasana

Urdva prasarita eka padasana with leg lifts

Uttanasana – hip shifts

Uttitha hasta padangusthasana

Badha ardha padmottanasana

Pinca mayurasana prep/salamba sirsasana prep

Kurmasana

Bhekasana

Salambha eka pada kapotasana

Eka hasta bhujasana

Astavakrasana

Badha ardha padma pascimottanasana

Nadi shodana

DISSOLVING THE BARRIERS TO ONENESS
YogaFit Level 4 Master Class – Day 4 – Inversions

Mantra: Om namo bhagavate vasudevaya

Mudra: cin and jnana

Cakra: sahasrara

Yama: isvara pranidhanam

Sutra: 4:2-4, Gita 5:18, Tao 10, Reading from Vivekananda on “Oneness”

Asana:

Supta warm-up including cakra exercises

Surya namaskara

Partner asana:

Virabhadrasana dvi and reverse

Vrksasana

Virabhadrasana eka with chest expansion

Anjaneyasana

Upavista konasana

Parivrtta sukasana (pascimo to pascimo)

Pascimottanasana/purvottasana

Upavista pranayama

Solo asana:

Parivrtta hasta padangusthasana

Urdhva eka pada kapotasana

Candra namaskara with candra bheyda

Anjaneyasana to hanumanasana

Parigasana to vasistasana

Ustrasana

Pinca mayurasana prep and push-ups

At the wall:

(salamba) adho mukha vrksasana

(salamba) pinca mayurasana

(salamba) vrscikasana

(salamba) sirsasana

(salamba) sarvangasana from viparita karani or setu bandasana

Pavana mukhtasana

Uttana padasana

In circle:

Purvottanasana/Navasana/Pascimottansana

Savasana and dharana, towards samadhi