



VANI SARASVATI

Vāṇī Sarasvatī Vāg-devī,
Bhagavatī Bhārati Mām Pāhi.
O Goddess of Speech, Mother Sarasvati, Goddess of Eloquence,
O Divine Goddess of Knowledge, protect me!



Sequence 53: Mildly Stimulating Class for Beginning-Intermediate Students



20. Adho Mukha Svanasana
1 minute.



19. Paschimottanasana
5 breaths, then transition to the next asana.



18. Baddha Konasana
10 breaths.



17. Parivrtta Janu Sirsasana
10 breaths on each side.



4. Vrkasana
1 minute on each side, then repeat on both sides.



3. Surya Namaskara B
2 times.



2. Surya Namaskara A
3 times.



1. Classical Surya Namaskara
2 times.



6. Vasishthasana Prep
5-10 breaths on each side, then transition to Adho Mukha Svanasana and to Tadasana.



5. Surya Namaskara A
1 time, then from Adho Mukha Svanasana transition to the next asana.



7. Virabhadrasana II
5 breaths on each side.



9. Uthita Trikonasana
5 breaths on each side.



10. Parivrtta Adho Prasarita
10 breaths on each side, then step to Tadasana.



11. Surya Namaskara A
1 time, then from Adho Mukha Svanasana, release to Balasana.



12. Salabhasana A
Raise and lower with the breath 5 times, hold for 5 breaths with the fingers interlaced behind the back, then rest for 5-10 breaths.



13. Dhanurasana
5 breaths, then repeat 1-3 times.



14. Balasana
5 breaths.



15. Bharadvajrasana A
5 breaths on each side.



16. Dandasana
5 breaths.

Sequence 53: Mildly Stimulating Class for Beginning-Intermediate Students (continued)



20. Adho Mukha Svanasana
1 minute.



19. Paschimottanasana
5 breaths, then transition to the next asana.



18. Baddha Konasana
10 breaths.



17. Parivrtta Janu Sirsasana
10 breaths on each side.



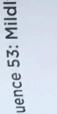
4. Vrkasana
1 minute on each side, then repeat on both sides.



3. Surya Namaskara B
2 times.



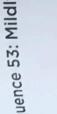
2. Surya Namaskara A
3 times.



1. Classical Surya Namaskara
2 times.



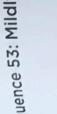
6. Vasishthasana Prep
5-10 breaths on each side, then transition to Adho Mukha Svanasana and to Tadasana.



5. Surya Namaskara A
1 time, then from Adho Mukha Svanasana transition to the next asana.



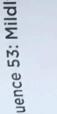
7. Virabhadrasana II
5 breaths on each side.



9. Uthita Trikonasana
5 breaths on each side.



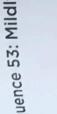
10. Parivrtta Adho Prasarita
10 breaths on each side, then step to Tadasana.



11. Surya Namaskara A
1 time, then from Adho Mukha Svanasana, release to Balasana.



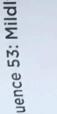
12. Salabhasana A
Raise and lower with the breath 5 times, hold for 5 breaths with the fingers interlaced behind the back, then rest for 5-10 breaths.



13. Dhanurasana
5 breaths, then repeat 1-3 times.



14. Balasana
5 breaths.



15. Bharadvajrasana A
5 breaths on each side.



16. Dandasana
5 breaths.

EMERGENCY INFORMATION CARD

Carry this emergency health information card with you at all times. This gives emergency personnel the information necessary if you are unable to speak for yourself.

Name: _____

Date of Birth: _____

Address: _____

City: _____ ST: _____ Zip: _____

Home Phone: _____

Cell Phone: _____

Emergency Contact Person: _____

Relationship: _____

Home Phone: _____

Cell Phone: _____

(over, please)