

ADVANCED VINYASA FLOW

ASANA MASTERY CHECKLIST

DATE: _____ / 2024

DONE	POSE SEQUENCE	FOCUS AREA	DURATION
	Handstand <i>Adho Mukha Vrksasana</i>	Inversion	10 Breaths
	Eight-Angle Pose <i>Astavakrasana</i>	Arm Balance	5 Breaths / Side
	King Pigeon <i>Eka Pada Rajakapotasana</i>	Backbend	8 Breaths
	Bird of Paradise <i>Svarga Dvijasana</i>	Balance	5 Breaths / Side
	Scorpion Pose <i>Vrschikasana</i>	Inversion	3 Breaths
	Firefly Pose <i>Tittibhasana</i>	Arm Balance	5 Breaths
	Compass Pose <i>Parivrtta Surya Yantrasana</i>	Flexibility	5 Breaths / Side

NOTES: FOCUS ON UJJAYI BREATH AND BANDHA ENGAGEMENT THROUGHOUT THE TRANSITION.