

ADVANCED ASANA PROGRESS

PRACTITIONER: _____

MONTH/YEAR: _____

POSE NAME	HOLD DURATION	PROFICIENCY LEVEL	DATE ACHIEVED
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Handstand

Adho Mukha Vrksasana

Forearm Stand

Pincha Mayurasana

King Pigeon

Eka Pada Rajakapotasana

Firefly Pose

Tittibhasana

Eight-Angle Pose

Astavakrasana

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Scorpion Pose

Vrischikasana

PRACTICE INTENTIONS & ALIGNMENT NOTES