

**I.R.I.S.**  
**IDA RIPLEY'S**  
**INTERMEDIATE SERIES**  
**TEACHER TRAINING WORKSHOP**  
WITH IDA RIPLEY



# I.R.I.S.

## TABLE OF CONTENTS

<b>INTRODUCTION</b>	<b>IDA RIPLEY'S</b>	<b>A</b>
<b>LEVEL 1</b>	<b>INTERMEDIATE</b>	
<b>STANDING POSTURES</b>	<b>SERIES</b>	
Pranayama		1
Salutes to Gods and Goddesses		1
Sun Salutations		2
Half Moon Series		3
Standing Series		4
Lotus B Prep		9
Arm Balancing Series		10
<b>FLOOR POSTURES</b>		
Spine Strengthening Series		12
½ Full Series		14
Firm Series		15
Stretching Leg Series		16
Double Sided Series		19
Breathing Exercise		21
<b>APPENDIX</b>		
<b>LEVEL 2</b>		
<b>STANDING POSTURES</b>		
Half Moon Series		22
<b>FLOOR POSTURES</b>		
Lotus A		23
Lotus B		24
Full Series		27
Plough Series		29
Tortoise Series		30
<b>APPENDIX</b>		

**STRENGTH**

**BALANCE**

**FLEXIBILITY**

# I.R.I.S.

## Ida Ripley's Intermediate Series

Ida Ripley's Intermediate Series, aka the **I.R.I.S.**, is an advancement of the Bikram Beginner's series and is a precursor to the Ghosh **Classic 84** Yoga Asanas or Advanced Class. This practice was sequenced to maintain the overall integrity and form of the Classic 84. This workshop is suitable for all students, but is geared toward regular Bikram yoga teachers and practitioners who want to advance and deepen their practice.

It is to be led and instructed by experienced Hot Yoga teachers with knowledge of the Advanced Series.



In this workshop, you will learn the set practice of the I.R.I.S. Most of our time together during the next few days will be spent learning the sequencing of the I.R.I.S. Plus, we will be covering the additional postures not covered by the foundational postures of the 26&2 Beginner's Series. By the end of this workshop you should feel confident on how to teach several steps of each posture using only your body as demonstration and your personal dialogue.

## Instruction

The I.R.I.S. should be taught step by step and with clear and concise wording. Teach the postures through directional command, WHAT to do, HOW to do, the EFFECT of doing it that way. Depending on the group you have, you can give more or less instruction. If you think of each posture as a series of steps, you can give as many steps along the way to give every level of practitioner a chance to work up to something and find their posture. The Intermediate framework is to be included in each class and you as the teacher can include additions as you go.

Always start with the most basic instructions for postures, make them as clear and simple as possible, and begin to build up from there as soon as students are ready and able. Start at the basic form of the postures and give your students steps to move to. Remember...when you are teaching, the postures are **not** about your practice.



### **Things to remember when teaching the I.R.I.S. postures:**

1. What category of posture is it? (What are we working?)
2. What is the main objective of each posture?
3. What are the steps, or building blocks, leading to the final posture?
4. What are key to each posture? (Helpful hints for working new areas)
5. What other postures is this posture similar to? (Is there any other posture/movement that it is familiar already that you could relate it to?)
6. What are the modifications for different restrictions and practitioner level?

## Sequencing

The I.R.I.S., like the traditional Hot Yoga sequence, is designed to build upon each posture for deeper asanas. Some postures have multiple variations. We practice different postures in order to learn new movements and different ways to use our bodies, but the base class should always be the same framework. One class you might choose to include more arm balancing work and do *Finger Stand* and *Side Crow*, while other classes you might choose to spend more time focusing on hip openers, etc.

### Making Corrections/Adjustments & Modifying Postures for Injury, etc.



There are many steps to each posture so focus and attention should be kept on the stages of the postures to lead the different skill levels of each student you have in each individual class and not leave anyone feeling left behind.

Your focus is on teaching the postures in a clear and concise manner to guide your students as thoroughly as you can without having to touch them. Effective teachers should be able to lead students through the postures without making physical contact. Our goal, in this workshop, is to learn to teach people how to practice yoga themselves not just

put them in postures. If you see that your student is struggling with a posture, or a step of a pose, always try to break it down a bit further for them. Find a part or portion of the posture that you see they can do and expand on that more. It's a good idea to have your mat set up at the front of the class so you can do some demonstrations of the postures along with the class. Remember...when you are teaching, the postures are **not** about your practice.

**TIP:** An extra hand towel or a strap is useful for many people. Encourage them to use the prop to gain maximum alignment even if they don't have the depth yet.

Now that you have an understanding of what we will be learning, and how you will be teaching the I.R.I.S., let's get to work!

## NOTES

**I.R.I.S.  
IDA RIPLEY'S  
INTERMEDIATE SERIES  
LEVEL 1**





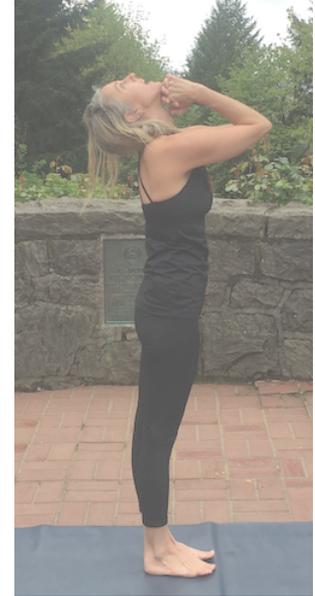
## **1. BREATHING EXERCISE**

### **Pranayama Standing Deep Breathing: (2 sets)**

-1st set: 10 breaths, normal pace  
(I lead).

-2nd set: 20 breaths, half time  
(I perform).

(option to lead 2 sets regular pace)



## **2. SALUTES**

### **Salutes to Gods and Goddesses: (2 sets)**

Begin at back of mat, arms and head together, right leg step forward, bend the right knee into a lunge and backbend. Come up.

Pivot your feet & turn 180 degrees, bend the left knee into a lunge and backbend. Come up.



Bring the right knee to floor and bring forehead to knee, arms and head together, fingers between the toes.



Come up, arms and head together, backbend. Stand up; pivot your feet 180 degrees. Bend the left knee to the floor, arms and head together, bring the forehead to the knee, fingers between the toes.

Come up, right foot step back to the left, arms down side.

Repeat for second set.

### 3. Sun Salutes: (2 sets)

Begin at front of mat with hands to prayer. Stretch arms up and backbend. Stretch up, fold forward, bring hands to floor, beside feet, palms flat and bring forehead to knees.



Squat down keeping forehead to knees, palms flat.



Step right leg back into a lunge; keep forehead on knee.



Lift head up and step left leg back to plank. Lower into low plank position and hold for 3 breaths.

Reverse to come up.

-Repeat for second set.



## **STANDING POSTURES**

**Half Moon Series: (Postures 4-7) (2 sets)**

**4. Half Moon**



**&**

**Back bending**



**5. Hands to feet**



**6. Triangle**



**7. Standing Separate Leg Head to Knee**



**Standing Series: (Postures 8-21) (1 set)**

**8. Awkward**



**9. Eagle**



**10. Standing Head to Knee**



## 11. Standing Bow Pulling



## 12. Balancing Stick



**13. Split Arm Balancing** – Bring arms overhead right foot takes big step forward. Bring upper body down toward standing leg and kick left leg up to ceiling, toes pointed.

Stretch arms back and up (like full locust). Chin up, chest up, bring body to thigh, and kick left leg up as high as possible. Come out step by step in reverse order. Repeat for left side.



**14. Standing Separate Leg Stretching: (2 sets)**

**1<sup>st</sup> Set**



**2<sup>nd</sup> Set**

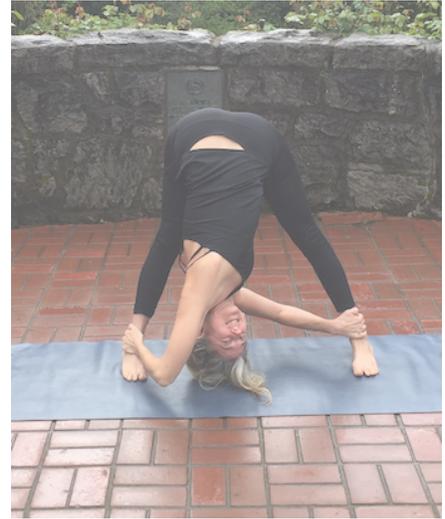
Second set (hand in prayer/shoulder variation). Step right leg right, arms parallel to the floor. Clasp hands, palms together behind back and stretch shoulders down and behind you. Slowly bend forward to bring the upper body down, head toward the floor. Stretch hands out as far as possible and try to bring them to the floor behind your head. Bring hands to reverse prayer position on back. Release hands. Come back to standing. Bring right leg back to left. Arms down to sides.



**15 Wide Angle Twist** – Bring arms over head, right leg step to right, arms down parallel to the floor. Bend forward ½ way, place right hand on the floor (center)



and begin to twist upper body left. Stretch left arm to the ceiling. Look up and twist the spine. Keep the hips in one line. Change the hands and twist other side. Grab right hand across to left ankle and stretch left arm all the way around to right ankle, eventually



twisting the spine and bringing the face forward. Both arms bent at the elbow. Repeat for left side.



**16. Squat** - Feet shoulder width apart; squat down. Stretch the arms forward, drop the hips down.

Bring elbows to knees, press knees out and elbows in with knees.



**17. Half Guillotine** - feet shoulder width apart, bend knees, using the “C-grip” bring right hand to right calf muscle from inside right thigh and pull right shoulder through right leg. Wrap right arm around outer right thigh and grasp left hand on lower back. Chin in, round the spine.

Repeat for left side.

“C-grip”



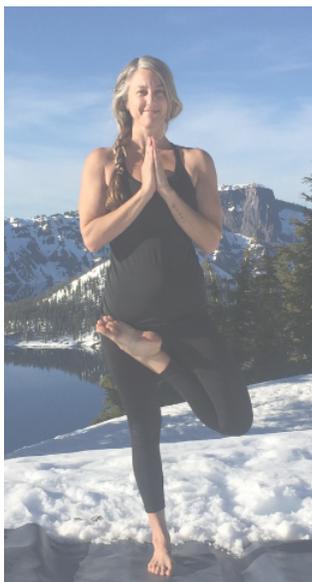
**18. Bird of Paradise** - from half guillotine, step weight to left leg and tap right toes. Stand up on to left leg, bring upper body up, and keep the right knee bent. Extend right leg up, toes pointed. Slowly & carefully come down.

Repeat for left side.



**19. Guillotine** - from 1/2 guillotine, do both sides at the same time, using the “C grip”. Bring arms around lower back. Hook fingers close to glutes. Stomach in, round the spine and lock the knees.

**20. Tree pose**



**21. Toestand**

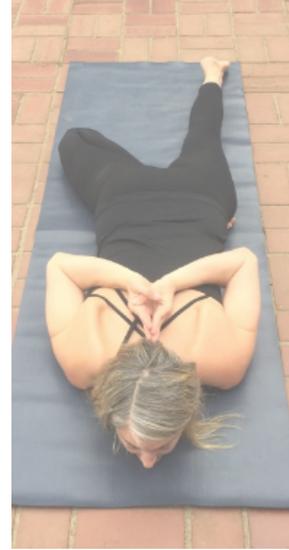


## LOTUS B - Prep



**25. Beach Pose** – Start from Tree pose. Fold forward and bring hands to floor. Bend standing knee & bring both knees to floor. You will be on all fours. Walk hands forward and bring body to floor, relaxing hips to floor. Work to get both hips in one line as in Tree Pose.

Repeat for left side.



## Arm Balancing Series

**33. Finger Stand** - Sit with legs stretched out in front of you. Place hands beside hips so thumbs are facing in and fingers are facing out. Keep arms hugged into the body. Exhale, round the spine and bring head down. Press fingers into the floor to lift hips up and pull them back as far as possible. Keep the knees locked and lift the legs off the floor. Cramp the thighs, head up last.

First set hold.

Second set lift right then left.

Third set lift both.



**34. Crow** - Place palms down shoulder width apart and spread fingers wide. Bend elbows toward shins; keep them parallel. Come up onto toe platform, bend knees into both armpits and begin to lean the body weight forward until toes lift. Lift right toes from the floor then left. Lastly, both lift simultaneously, hips up and shins parallel to floor.

(Base Posture: arms bent)



(Variation: arms straight)



**35. Side Crow** – Squat down and bring hands in prayer to chest. Turn right, place left elbow on outside of right thigh and twist right. Place hands on the floor shoulder width apart and keep knees together. Come up on the toes to lift hips and lean forward. Bend elbows to make a shelf, place right thigh on elbows and begin to bring the body weight forward until feet lift off the floor. Chin forward.



**36. Crane** - Stand with feet slightly more than shoulder width apart. Bring hands through the legs and reach them as far back as possible. Place hands down with fingers facing back and thumbs facing forward.

Drop hips down and bend elbows backward to a 90-degree angle to make a shelf. Tap the toes; stretch one leg forward at a time, then both.



## **Savasana**



## FLOOR POSTURES

### Spine Strengthening Series

#### 37. Wind Removing



#### 38. Cobra



#### 39. Locust



#### 40. Full locust



#### 41. Bow



#### Savasana



## Full Series

**42. Full Cobra** – Start with palms flat, feet apart. Press palms to floor to straighten arms. Pull shoulders away from ears and look back.

Second set, come up, bend both knees and touch toes to head.



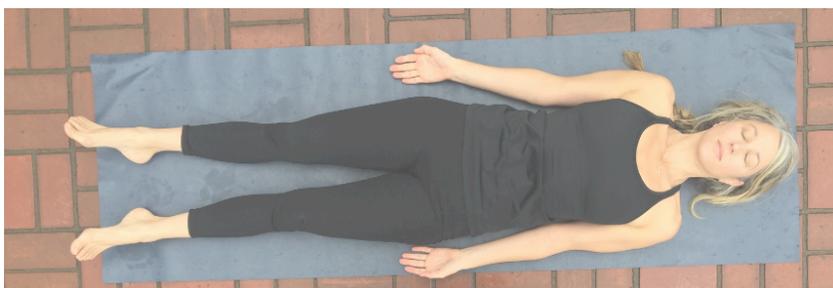
**43 Full Bow** - Begin in sphinx position on forearms. Reach right hand back, palm out, and grab right big toe. Kick the right leg and pull right shoulder back as far as possible. Make sure not to let the knee wing to the outside. Foot and ankle should be straight.

Repeat  
left  
side.

Both legs start with chin on floor, reach both hands back and grab both big toes in same grip and kick both legs back and up. Eventually working to rotate the shoulders and bring the souls to the face elbows together and parallel to knees in one line.



## Savasana



## Firm Series

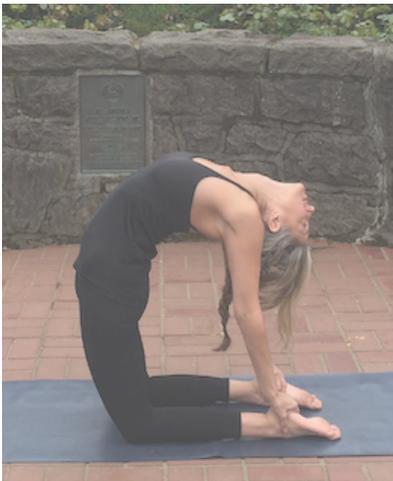
47. Fixed Firm



48. Half Tortoise



49. Camel



50. Rabbit



## Savasana



## Stretching Leg Series

### 56. Head to Knee



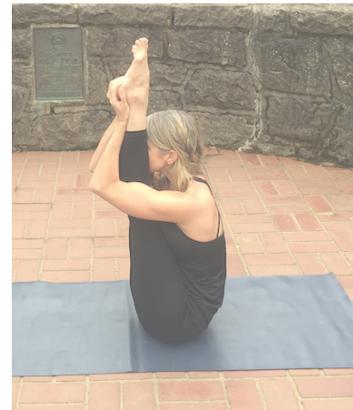
### 57. Stretching



**58. Straddle** – Separate legs as far as possible and flex feet. Start to slide hands along the insides of the legs until you can grab your feet from the inside. Pull on feet (or legs) to stretch the spine long from the lower spine. Eventually work to bring the body down to the floor.



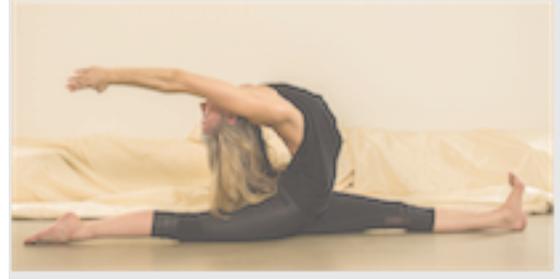
**59. Upward Stretching** - Begin in upward wind removing, then, one leg at a time, stretch up. Repeat with both legs.



**60. Dragon / ½ split** - Start on right foot and left knee. Place hands beside right foot and lean hips forward. Push hips back so left thigh is perpendicular to the floor. Straighten the right leg and flex the right foot. Inhale to lift the chin and chest. Exhale and fold over the right leg. Repeat for left side.



**61. Splits** - From half splits begin to inch right foot forward and slide left toes back. Come down as far as possible. Focus on hips being parallel. Optional backbend if student(s) is/are capable.



**62. Pigeon** – From all fours, bring left knee to outside of left wrist and left foot touching right hip. Slide right leg back until hips come to the floor. Keep hips parallel to the front mirror. Bring the upper body down to the floor, hold for a few



breaths. Bring upper body up, bend the right knee and grab the right foot with the right hand. Pull the right foot toward the right shoulder. Keep hips down. Eventually, work to rotate the right shoulder by pulling right elbow forward and up. Bring left hand up and reach back to grab the right foot, so both hands hold the foot. Slowly drop head back and touch it to the foot. Repeat for left side.

**63. Standing Splits** - Stand on left leg and place palms flat on either side of foot. Bring the body down and kick the right leg up as high as possible. If ready, hold standing ankle with left hand and begin to pull body down. Final step is to grab right hand on ankle, face to the shin. Repeat for left side.



## Savasana



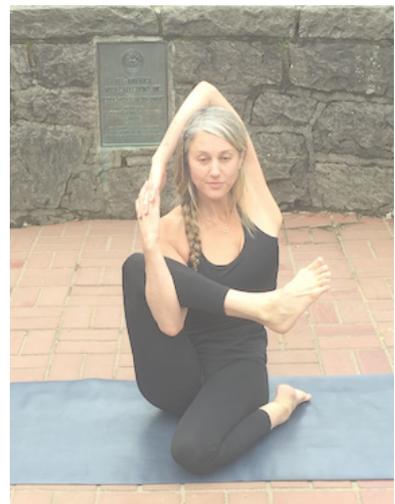
## Double Sided Series

**68. Rock the baby** – Sit with legs crossed. Place right foot in crook of left elbow. Wrap right arm around the outside of right knee, interlace the fingers to pull right shin into chest. With spine straight, gently rock the leg back and forth in the hip joint. Repeat for left side.



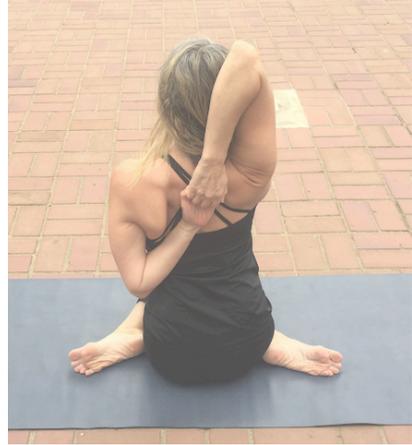
**69. Archer** - Bring right leg straight and across the mat toward left top corner. Bend left knee and bring left foot to the top of the right thigh. Make an “L” with the left hand and grab right big toes from top, index finger across the top of the right foot. Right hand grab left foot with same hand position. Twist the body right, turn head left and bring chin to left shoulder. Pull the left foot up and back as far as possible to the right ear (like a bow and arrow). Repeat for left side.

**70 Four Angle** - Bend left leg to firm pose, right leg to rock the baby. Slide right arm under right calf, palm facing in. Hold right leg in place with right arm and bring left arm over head to clasp right hand. Interlocked fingers, palms facing in. Repeat for left side.





**71. Cow Face** - Bend left knee on the floor facing front, bend right knee on top of left. (Heels should touch opposite hips.) Stretch right arm up, bend right elbow to bring right hand to center of back, palm facing in. Bring left arm behind you, palm facing away from you. Grab right hand and clasp all fingers. Repeat for left side.



## 72. Spine Twist



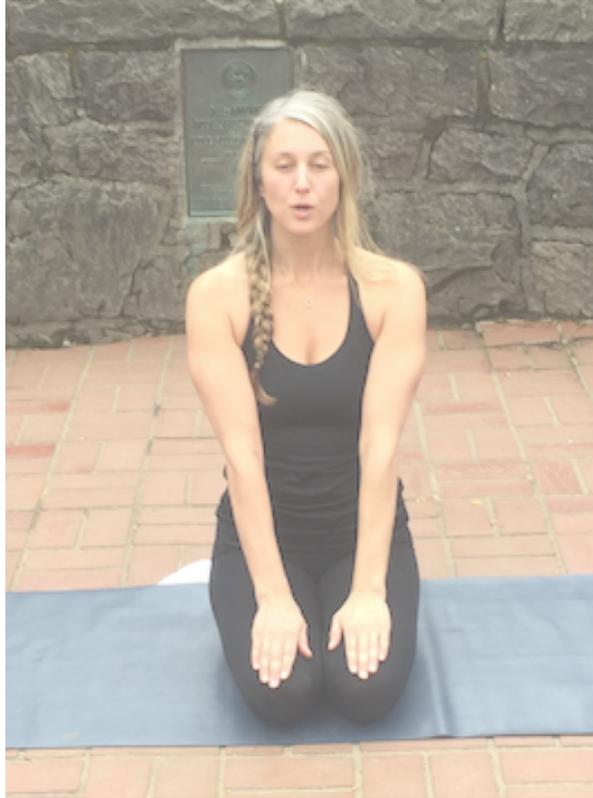
Optional: Bring right heel closer to left hip instead of knee. Repeat left side.

## Savasana



## **BREATHING EXERCISE**

### **84. Kapalbhati (100)**



## APPENDIX 1 – LEVEL 1

1. Pranayama Standing Deep  
Breathing: (2 sets)

2. Salutes to Gods and  
Goddesses:(2 sets)

3. Sun Salutes: (2 sets)

Half Moon series

4. Half moon & Back bending

5. Hands to feet

6. Triangle

7. Standing Separate Leg Head to  
Knee

Standing Series

8. Awkward

9. Eagle

10. Standing Head to Knee

11. Standing Bow Pulling

12. Balancing Stick

13. Split Arm Balancing

14. Standing Separate Leg  
Stretching: (2 sets)

15. Wide Angle Twist

16. Squat

17. Half Guillotine

18. Bird of Paradise

19. Guillotine

20. Tree pose

21. Toestand

Lotus B Prep

25. Beach Pose

Arm Balancing Series

33. Finger Stand

34. Crow

35. Side Crow

36. Crane

Savasana

Spine Strengthening Series

37. Wind Removing

38. Cobra

39. Locust

40. Full locust

41. Bow

Savasana

Full Series

42. Full Cobra

43. Full Bow

Savasana

Firm Series

47. Fixed Firm

48. Half Tortoise

49. Camel

50. Rabbit

Savasana

Separate Leg Stretching Series

56. Head to Knee

57. Stretching

58. Straddle

59. Upward Stretching

60. Dragon / ½ split

61. Splits

62. Pigeon

63. Standing Splits

Savasana

Double Sided Series

68. Rock the baby

69. Archer

70. Four Angle

71. Cow Face

72. Spine Twist

Savasana

84. Kapalbhati (100)

## NOTES

**I.R.I.S.  
IDA RIPLEY'S  
INTERMEDIATE SERIES  
LEVEL 2**



## STANDING POSTURES

### **Half Moon Series:** (Postures 6.1) (1 set)

**6.1 Extended Side Angle** - From triangle, place right hand to floor on inside of right foot and extend left arm across the body overhead (should be able to see inner elbow).



Bring left arm back up and reach behind your back. Lift right hand from floor under right leg to clasp hands. Keep the hips down and forward. Look up and twist upper body to open chest to the ceiling.

Come out step by step in reverse order.



## **FLOOR POSTURES**

### **LOTUS A (Postures 22-24) (1 set)**

#### **22. Firm**



Sit down kneeling position, knees and feet together. Allow heels to relax apart, bring hips to settle on soles of feet. Place hands on knees, palms down. Arms and shoulders relaxed. Keep spine long, stretch toward the ceiling.

#### **23. Ankle Stretch**

##### **Single leg**



From Firm Pose. Place right hand on right knee and left hand behind the left hip. Lean back onto left hand as you use right hand to gently lift right knee off the floor to create stretch in right ankle. Repeat for left side.

##### **Both legs**

From Firm Pose.

Place both hands on knees. Slowly lean upper body back with a straight spine.

Using both hands, gently lift both knees off floor to stretch both ankles simultaneously.



## 24. Toe Squat



From Firm Pose: Place hands on floor and lean forward to tuck toes under and lift heels off the floor. Press hands into floor and bring hips back to sit on the heels allowing knees to come off the floor. Place hands on knees, palms down. Keep arms straight and shoulders relaxed. Stretch spine long and hold it there.

## LOTUS B (Postures 26-32) (1 set)

**26. Short Man** – Start from beach pose to all fours. Come up on knees and shift body weight to right kneecap. Turn hips to the left and bring the left toes as close to right knee as possible. Bring left heel in front of right knee cleavage and slowly turn hips back to front. Press the hips forward and the knee back (like tree). Hands in prayer position. Repeat for left side.



**27. Easy** - Sit down with legs outstretched. Bring left foot over the right foot to cross the ankles. Bend knees to bring feet in and fold legs. Place hands on knees, palms down. Keep arms and shoulders relaxed. Stretch spine long with both hips comfortably on the floor.

**28. Success in Meditation** - Sit down. Place right heel to center of costume/pelvis, right knee relaxed to floor. Place left heel in front of right heel, left knee relaxed. Place hands in Dyani Mudra (left hand sits in right hand, palms up, touch tips of thumbs). Spine straight.



**29. Bound Angle** - Sit down. Place soles of feet together and pull heels close to the body. Gently press feet together and relax knees to the floor. Place hands on knees and gently push down. Lift shoulders up to straighten arms. Spine straight. *[Option - one side at a time: Hold feet with left hand, push right knee down with right hand, repeat for left side.]*

**30. Plain** - Sit down. Place left foot sole against inner right thigh and left toes in the crook of the right knee so the left big toe is visible. Pull right foot from underneath into the crook of the left knee so the right big toe is visible. Gently press the soles of the feet into the inner thighs and press knees down. Interlace the fingers and place hands on the ankles. Spine straight, hips and knees down.



### 31. Half Lotus / Lotus



**Half Lotus**

Sit down in Easy Pose. Place right foot on top of the left thigh, close to the hip crease. Gently let right knee come down. Keep left leg folded, left foot under right leg. Hands in Gyan Mudra (touch thumb and index fingers together, other three fingers together and outstretched. Place hands, palms up, on knees). Spine straight. *[Option to repeat for left side].*



**Lotus**

Sit in Half Lotus Pose. Place left foot on top of right thigh, close to hip crease. Gently push both knees down. Hands in Gyan Mudra.

**32. Life** - Sit in Half Lotus Pose. Place left foot sole on the floor with the heel in line with the left hip and the left toes in line with the right knee. Bring left arm over the left knee and place left knee in crook of left armpit. Left fingers under left toes, fingers facing back. Right hand on right knee, gently push right knee down. Hips down, stretch spine up. Repeat for left side.

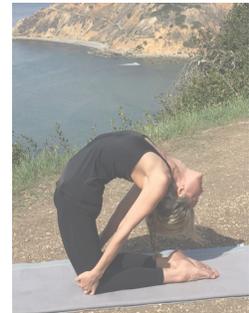


## Full Series (Postures 44-46)(1 set)

### 44. Full Camel

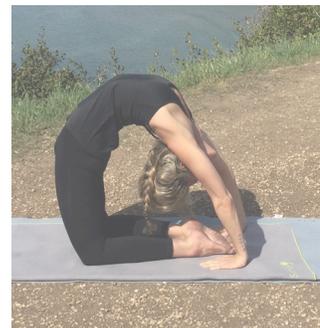
- Hold each stage for several breaths.
- Take a brief rest between stages.
- If unable to do all stages, practice to own depth.

**Stage 1** - Stand on knees, 6 inches between knees, toes together. Place hands on hips from front and pull as you press hips forward and lift chest up. Drop head back. Begin to bend spine backward as you continue to pull on the hips and press hips forward. Proceed to “walk” hands down thighs to knees, continue to pull, creating opposite movement against the push of the hips forward. Continue to bend spine backward.



**A**

**Stage 2** - From stage 1 bring arms over head and stretch hands back toward back wall, creating a long stretch along the front of the body. Reach hands to floor. Palms flat or grab sides of mat. Push against floor, lift chest and press hips forward. Look toward toes.



**B**

**Stage 3** - From stage 2 bring right hand then left hand to heels. Pull on heels and bring face to soles of feet with elbows together and touching the floor.

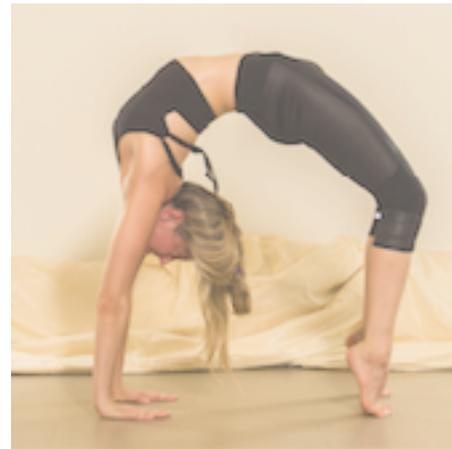


**45. Bridge** – Begin on your back. Bring feet shoulder width apart and heels close to glutes. Grab heels, press wrists, elbows and shoulders down and lift hips up.

Keep knees parallel.



**46 Wheel** - From Bridge. Bring hands palms to floor by your ears. Press the palms and feet lift abdomen towards the ceiling. Keep elbows parallel. Begin to look toward your feet. Stand on the toes.



## Plough Series (Postures 51 - 55) (1 set)



**51. Leg Lifts** - Lay on your back. Place hands, palms down, under hips. Relax left leg, right leg locked and pointed toes, lift right leg 3-6 inches off floor.

Keep abdominal muscles contracted and lower back pressing to floor.

Repeat for left side and both legs.



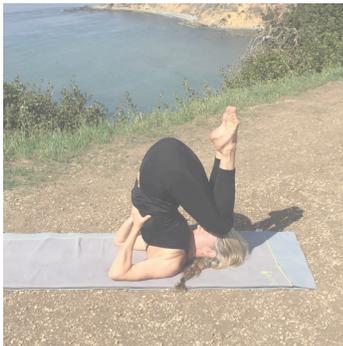
**52. Plough Warm Up** - From the Leg Lift position, lift both legs slowly up and all the way over the head, lifting hips to touch toes to floor above the head. Slowly reverse and lower legs to touch them back down to the floor. Repeat 5 times.



**53. Plough** - From the Leg Lift position, lift both legs up and over head, lifting hips to touch toes to floor above head. Place hands on lower back to push hips up and slide toes away, toes pointed and legs contracted. Shoulders pressing into floor, belly in, neck relaxed. Place hands on floor behind, palms down.



**54. Knees to Ears** - From Plough Pose, place hands on lower back. Bend knees and bring knees to ears. Grab heels with hands and pull knees in close to shoulders. Touch toes together. Shoulders pressing into floor, belly in, neck relaxed. Place hands on floor behind, palms down.



**55. Shoulder Stand** - From Knees to Ears or Plough, place hands on lower back. Bend both knees and bring knees to forehead, toes pointed up to ceiling. Slowly stretch legs up in a straight line. Keep belly pulled in, press hips forward and feet slightly back to create a straight line from shoulders to toes. Stretch toes to ceiling. Shoulders pressing into floor, belly in, neck relaxed.

Release opposite way you went in, bend knees to forehead, slowly bring hips to floor, straighten legs and bring them to the floor. Use hands to lift chest and drop head back to touch floor, hold for a few breaths in this Fish position



## Tortoise Series (Postures 73 - 78) (1 set)



**73. Frog 1** - sit in Firm Pose. Separate knees wide. With a straight spine, use hands to bring body to floor between legs, forehead touching the floor. Stretch hands forward, stretch hips back.

**74. Frog 2** – Put heels at the outside edges of the mat. Bend knees slightly and slide arms under the knees. Work to bring the body down to the floor, with chin forward, and eventually straighten both legs and flex the feet. Arms at a 90-degree angle to legs.



## 75. Compass Pose

*Preparation – Backpacking.* From Rock the Baby, grab right ankle or foot with left hand from the top.

Bring right arm under right leg and hold right calf with right hand. Pull the right knee to the right and slightly twist the torso to the left.

Bring the right leg over the right shoulder to “backpack” right leg.



From Backpacking - place right hand on floor beside right hip. Straighten right leg by pulling right ankle with left hand.

Continue to twist the torso to the left. Push right hand into floor and right shoulder against right thigh to keep hips level and on the floor.

Continue to straighten right leg and look up to the left. Repeat for left side.



**76. Leg Behind Head** - From Compass Pose, bend right knee and bring right knee to the right as you pull the right foot over your head.

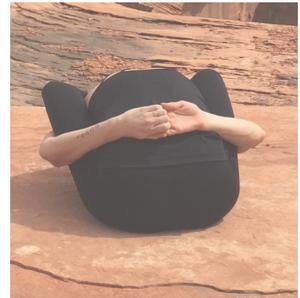
Use right hand on left knee to pull right shoulder forward to bring right calf behind head.

Press hips down, lift chest up and bring hands to prayer position at chest.

Repeat for left side.



**77. Tortoise** - Sit down with both legs forward, mat width distance and knees slightly bent. Bring hands and forehead to the floor between legs. Bring arms under legs and work shoulders under legs.



Bring feet together and cross ankles.

Bring hands in back and hook fingers. Keep belly in and spine rounded. Work to lift heels off floor.



**78. Sleeping Yogi** - Lay on your back. Bring legs into air, knees bent and wide, soles of feet facing ceiling. Bring both hands to insides of legs and hold calf muscles. Pull the belly in, lift the head and chest as you pull both legs behind the shoulders, working to cross ankles behind the head. Bring hands to lower back and hook fingers. Rest on the center of your back. (*Option is one leg at a time*).

## LEVEL II APPENDIX

1. Standing Deep Breathing
2. Salutes to Gods and Goddesses
3. Sun Salutes

### HALF MOON SERIES

4. Half Moon & Back bending
5. Hands to feet
6. Triangle
- 6.1 Extended Side Angle
7. Standing Separate Leg Head to Knee

### STANDING SERIES

8. Awkward
9. Eagle
10. Standing Head to Knee
11. Standing Bow Pulling
12. Balancing Stick
13. Split Arm Balancing
14. Standing Separate Leg Stretching
15. Wide Angle Twist
16. Squat
17. ½ Guillotine
18. Bird of Paradise
19. Guillotine
20. Tree
21. Toestand

### LOTUS A

22. Firm
23. Ankle Stretch
24. Toe Squat

### LOTUS B

25. Beach Pose
26. Short Man
27. Easy
28. Success in Meditation
29. Bound angle
30. Plain
31. ½ lotus / Lotus
32. Life

### ARM BALANCING

33. Finger Stand
34. Crow
35. Side Crow
36. Crane

### COBRA / SPINE STRENGTHENING

37. Wind Removing
38. Cobra
39. Locust
40. Full locust
41. Bow

### FULL SERIES

42. Full Cobra
43. Full Bow
44. Full Camel
- 44.1.1 Stage 1
- 44.1.2 Stage 2
- 44.1.3 Stage 3
45. Bridge
46. Wheel

### FIRM SERIES

47. Fixed Firm
48. Half Tortoise
49. Camel
50. Rabbit

### PLOUGH SERIES

51. Leg lifts
52. Plough warm up
53. Plough
54. Knees to ears
55. Shoulder stand

### SEPARATE LEG SERIES

56. Head to Knee
57. Stretching
58. Straddle
59. Upward Stretching
60. Dragon / ½ Split
61. Splits
62. Pigeon
63. Standing Splits

### DOUBLE SIDED SERIES

68. Rock the baby
69. Archer
70. Four Angle
71. Cow Face
72. Spine Twist

### TORTOISE SERIES

73. Frog 1
74. Frog 2
75. Compass pose
- 75.1.1 Backpacking
76. Leg behind head
77. Tortoise
78. Sleeping Yogi
  
84. Kapalbhathi (100)

## NOTES