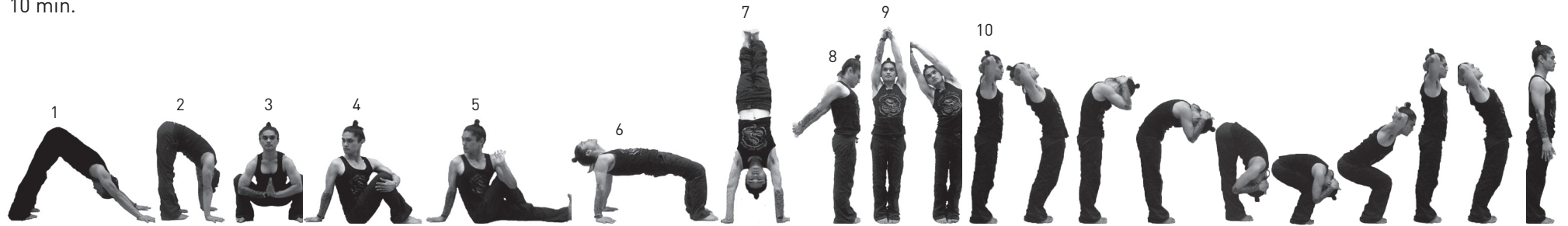


# Jivamukti Yoga Spiritual Warrior Class | Total time: 60 minutes

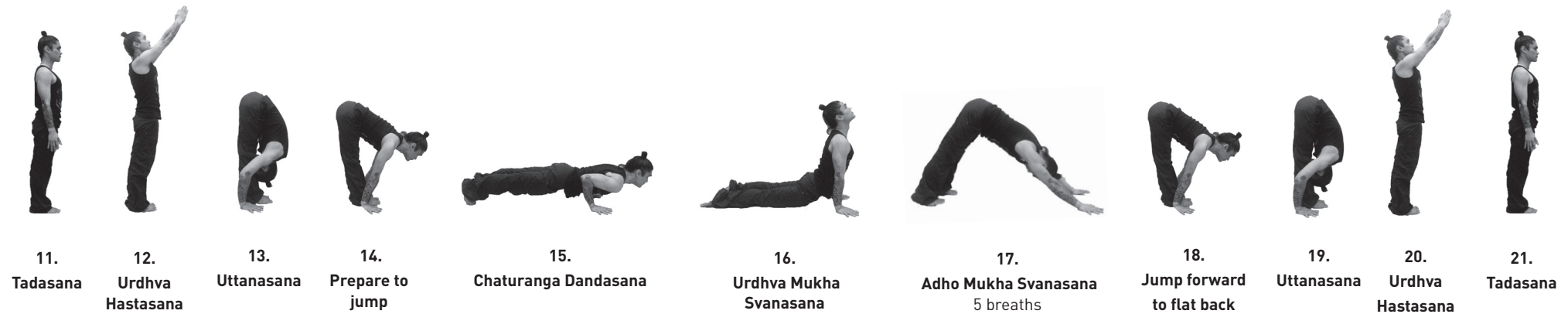


MAGIC TEN  
10 min.

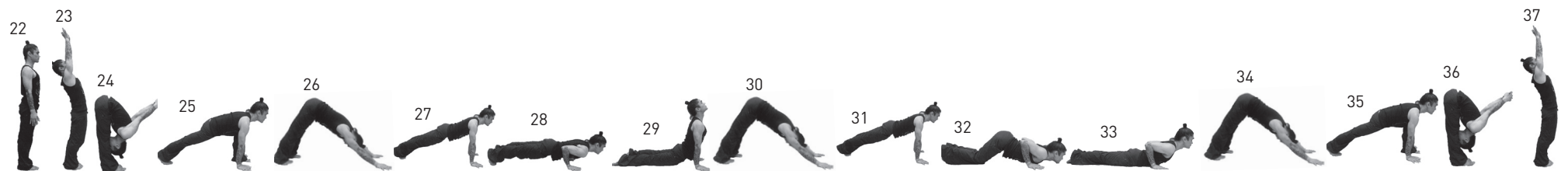


1. **Adho Mukha Svanasana**—10 breaths, walk feet forward; 2. **Uttanasana**—10 breaths; 3. **Malasana**—10 breaths; 4. **Teepee Twist**—5 breaths each side, starting R side; 5. **Ardha Matsyendrasana**—5 breaths each side starting R side; 6. **Table Top**—10 breaths; 7. **Adho Mukha Vrksasana**—hold up to 25 breaths; 8. **Standing Posture Alignment**—5 breaths; 9. **Standing Side Bends** —2 rounds (bend L, center, bend R); 10. **Spinal roll**—16 counts for entire sequence. After Magic Ten, Chant OM, OM, OM Shantih, Shantih, Shantih, Hari OM

## Surya Namaskar Ashtanga A, 3 rounds



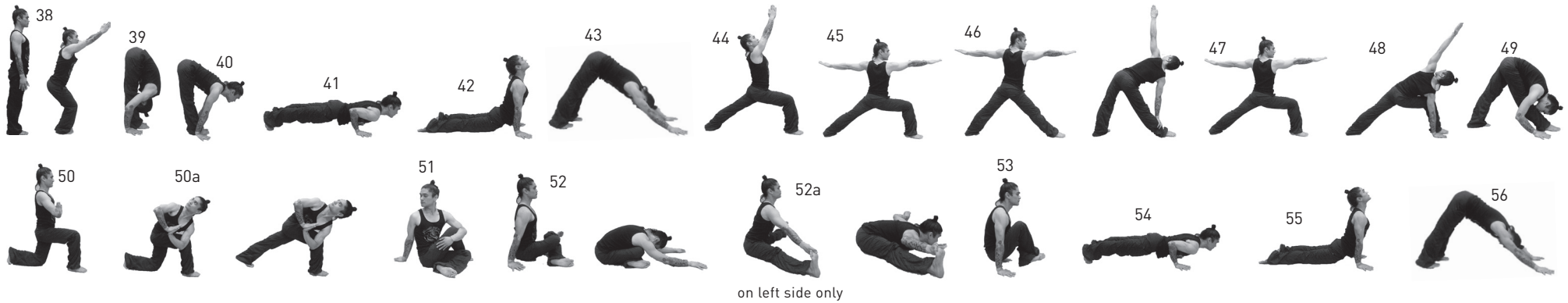
## Jivamukti A, 1 round on each side



22. **Tadasana**; 23. Hook thumbs, reach up & arch back; 24. **Uttanasana** with clasped hands; 25. **Lunge**; 26. **Adho Mukha Svanasana**; 27. **Plank**; 28. **Chaturanga Dandasana**; 29. **Urdhva Mukha Svanasana**; 30. **Adho Mukha Svanasana**; 31. **Plank**; 32. **Ashtanga Namaskara**; 33. **Bhujangasana**; 34. **Adho Mukha Svanasana**; 35. **Lunge**; 36. **Uttanasana**; 37. Hook thumbs, reach up & arch back

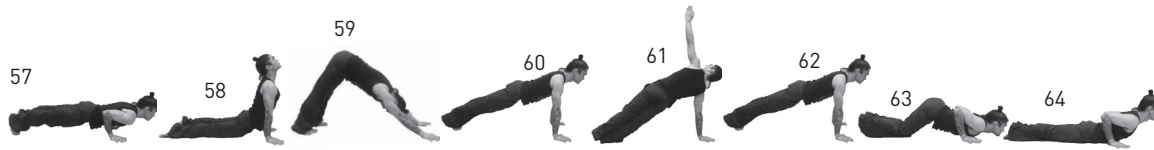
It is recommended that you learn this sequence under the guidance of a certified Jivamukti Yoga Teacher.

## Standing Asanas



**38. Tadasana to Uttkatasana; 39. Uttanasana; 40. Prepare to jump; 41. Chaturanga Dandasana; 42. Urdhva Mukha Svanasana; 43. Adho Mukha Svanasana; 44. Virabhadrasana I** (start with right foot forward)—5 breaths; **45. open to Virabhadrasana II**, extend leg; **46. Trikonasana**—5 breaths; **47. Virabhadrasana II**—5 breaths; **48. Uttitha Parsvakonasana A**—5 breaths; **49. Parsvottanasana**—5 breaths; **50. Lunge; 50a. Parivritta Parsvakonasana**—5 breaths; **51. Ardha Matsyendrasana**—5 breaths; **52. Agni Stambasana**—5 breaths; **52a. Upavista Konasana**; **53. Lolasana** (crossing L ankle over R ankle); **54. Chaturanga Dandasana; 55. Urdhva Mukha Svanasana; 56. Adho Mukha Svanasana.**

## Balancing



**57. from Lolasana, jump back, Chaturanga Dandasana; 58. Upward Dog; 59. Downward Dog; 60. Plank; 61. Vasishthasana**—3 breaths; repeat on left side; **62. Plank Pose; 63. Ashtanga Namaskara; 64. Bhujangasana**, exhale onto the abdomen

## Back Bending



**65. Shalabhasana**—1x, 5 breath; **66. Dhanurasana**—2x, 5 breaths each; **67. Setu Bandhasana**—5 breaths; **68. Urdhva Dhanurasana**—3x, 5 breaths each; **69. Pull knees to chest**—5 breaths; **70. Reclining Garuda Twist**—5 breaths each side. After Reclining Garuda Twist, rock forward and back to seated position

## Forward Bending



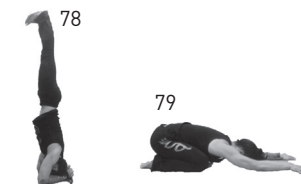
**71. Paschimottanasana**—15 breaths  
**72. Janu Shirshasana**—5 breaths each side  
**73. Tarasana**—5 breaths

## Salamba Sarvangasana Sequence



Spend 5 minutes on entire sequence or hold for 50 breaths, counting out breaths in the following order:  
**74. Shoulderstand**—35 breaths  
**75. Halasana**—5 breaths  
**76. Karnapidasana**—5 breaths  
**77. Matsyasana**—5 breaths

## Salamba Sirsasana Sequence



Spend 5 minutes on entire sequence or hold for 50 breaths, counting out breaths in the following order:  
**78. Headstand**—40 breaths  
**79. Child's Pose**—10 breaths

## Meditation & Shavasana



**80. Meditation**—5 minutes  
**81. Shavasana**—5 minutes

Closing  
Chant OM, OM, OM Shantih, Shantih, Shantih, Hari OM