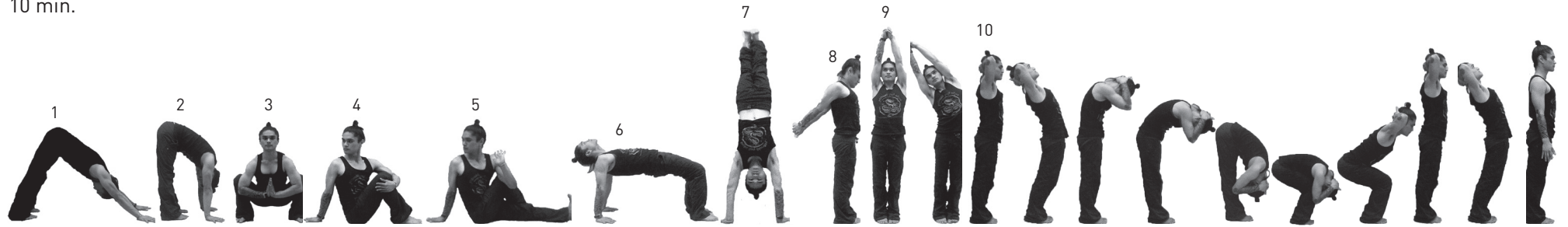


# Jivamukti Yoga Spiritual Warrior Class | Total time: 60 minutes

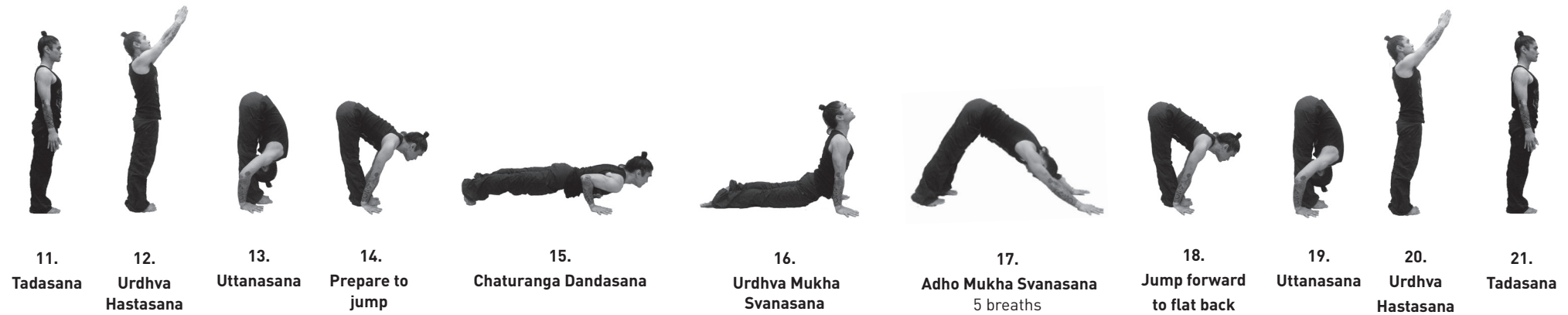


MAGIC TEN  
10 min.

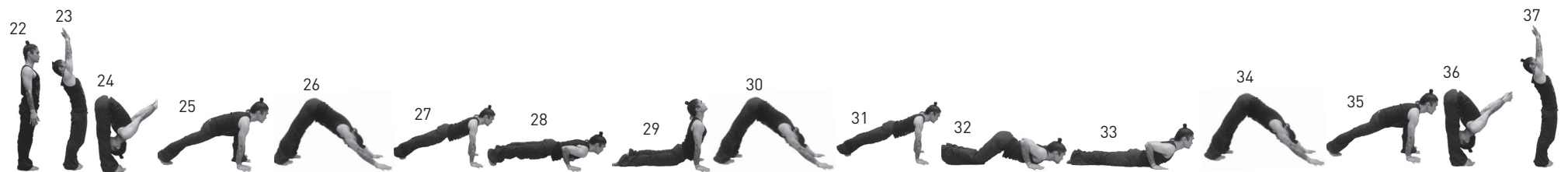


1. **Adho Mukha Svanasana**—10 breaths, walk feet forward; 2. **Uttanasana**—10 breaths; 3. **Malasana**—10 breaths; 4. **Teepee Twist**—5 breaths each side, starting R side; 5. **Ardha Matsyendrasana**—5 breaths each side starting R side; 6. **Table Top**—10 breaths; 7. **Adho Mukha Vrksasana**—hold 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



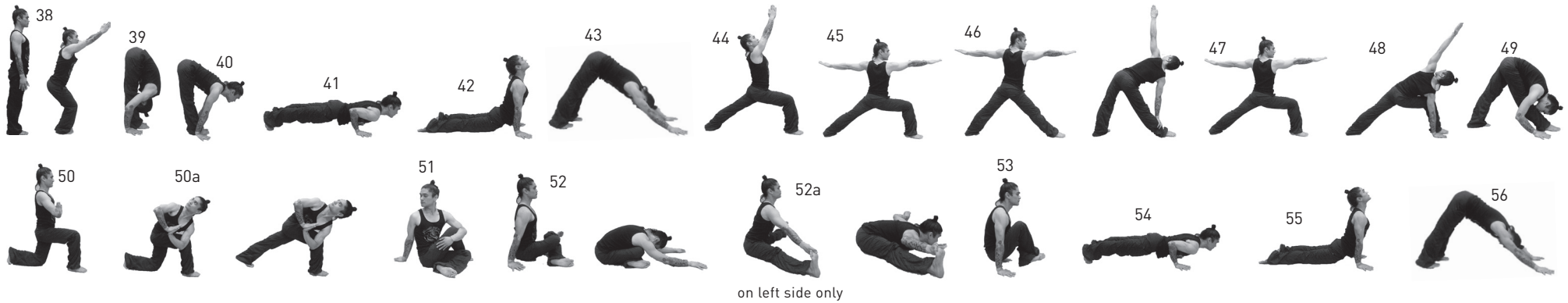
## Jivamukti A, 1 round on each side



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

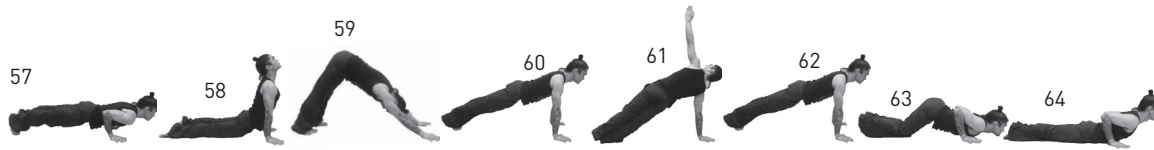
It is recommended that you learn this sequence under the guidance of a certified Jivamukti Yoga Teacher.

## 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



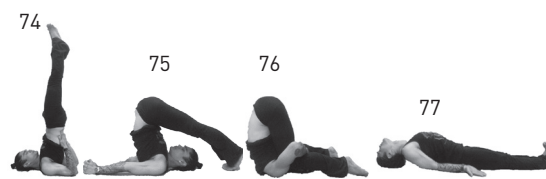
**65. Shalabhasana—1x, 5 breath; 66. Dhanurasana—2x, 5 breaths each; 67. Setu Bandhasana—5 breaths; 68. Urdhva Dhanurasana —3x, 5 breaths each 69. Pull knees to chest—5 breaths 70. Reclining Garuda Twist —5 breaths each side. After Reclining Garuda Twist, rock forward and back to seated position**

## Forward Bending



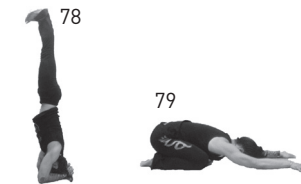
**71. Paschimottasana—15 breaths  
72. Janu Shirshasana —5 breaths each side  
73. Tarasana—5 breaths**

## 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