

Anticipation – when we are in an anxious waiting or expectation mode, it's easy to lose the grounding, but let the overexcitement take over control.

Connection with breathing. Sit in virasana hands on top thighs.

Inhale press hands down, breathe into shins and top of feet;

Exhale release pressure, breathe out of center of sternum

Chant : Lokah Samasta Sukhino Bhavantu

May all beings everywhere be happy and free; may all my thoughts, words and actions contribute to the happiness of beings.

Open twist, back bend (shoulder, hips)

1. Still in virasana, inhale contract hamstrings press top of feet down, interlace fingers invert the palms to send arms high. Exhale arms down grab opposite elbows behind the back x5
2. Utkatasana with block in between top thigh, send the block back and up. Groins deep, tailbone lengthen. Arms swing up and down. Uttanasana. Remove the block.
3. All fours – use tailbone as a pen to write down the 'anticipation' in your mind
4. Vasisthasana modification (push up with knees on floor, cobra, downdog)
5. Virabhadrasana II – one block in each hand, inhale reach back arm away from body and ground back heel, exhale back arm (with the block) to meet front arm => deep abdominal muscles
Reverse warrior, vinyasa
6. Trikonasana, top arm half bind, vinyasa
7. Trikonasana => ardha chandrasana => trikonasana => vinyasa
8. Flow with side switching per pose: Surya Namaskara B, Vira II, Trikonasana -> Ardha Chandrasana, Utthita Parksvakonasana.
9. Anjaneyasana, eagle arms
10. Parighasana + reverse side bend
11. Downdog split -> handstand swing leg
12. Childs pose knees wide
13. Pincha prep with block, leg swing
14. Ustrasana

Neutralize

15. Virasana: connect with breathing again, potentially chanting again
16. Supta padangusthasana A

Closed Twist, Forward bend

17. Supta Padangusthasana C

18. Jathara Parivattanasana (belly twist), optional straight legs
19. Ankle to knee (figure 4), sit up -> Marichyasana 3 (hug knees only)
20. Plank, chataranga, plank, downdog (no more backbend)
21. Downdog split -> lunge closed twist -> downdog split -> ardha matsyendrasana / gomukasana prep
x3
22. Ardha matsyendrasana
23. Pigeon twist bind front leg -> forward fold
24. Ardha badda padma paschimottonasana (or janu sirsasana)
25. Upavistha konasana

Neutralize

26. Setu bhanda -> legs up / shoulderstand variation
27. Restorative supta virasana with variations

Savasana

Quote