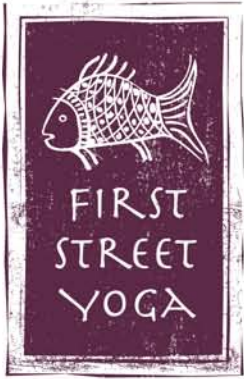


# Teacher Development/Mentor Program

With Jane Carlsen, Fall 2010



STRENGTH  
BALANCE  
EQUANIMITY



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## Asanas for Intro

1. Tadasana
2. Vrksasana
3. Utthita Trikonasana
4. Virabhadrasana II
5. Utthita Parsvakonasana
6. Virabhadrasana I
7. Ardha Chandrasana
8. Parsvottanasana
9. Prasarita Padottanasana
10. Parighasana
11. Padangusthasana
12. Padahastasana
13. Adho Mukha Svanasana
14. Utkatasana
15. Dandasana
16. Gomukhasana (arms only)
17. Siddhasana
18. Virasana
19. Parvatasana in Virasana
20. Triang Mukhaikapada Paschimottanasana
21. Marichyasana I (twist only)
22. Salamba Sarvangasana I
23. Halasana (legs on stool)
24. Karnapidasana
25. Supta Konasana
26. Urdhva Prasarita Padasana
27. Bharadvajasana I
28. Malasana (with wall support)
29. Savasana

## Pranayamas

Ujjayi I, II, III and IV  
Viloma I and II