

Asana Lab Schedule ~ Round 9

Asana Labs are held on Wednesdays at 11am Pacific Time with Stacy McCarthy and Sundays at 3pm Pacific Time with Jonathan Richard			
Lab #	Date	September	
1	9/16/2026	Wed	Tadasana and Yoga Basics
2	9/20/2026	Sun	Uttanasana (standing forward fold) & Half Sun Salutations
	9/23/2026	Wed	TAPAS MODULE ~ NO CLASS
3	9/27/2026	Sun	Adho Mukha Svanasana (downward facing dog) & Anahatasana (downward puppy)
4	9/30/2026	Wed	Utkatasana (chair pose)
		October	
5	10/4/2026	Sun	Purushamrigasana (sphinx) & Shalabhasana (locust)
6	10/7/2026	Wed	Bhujangasana (cobra) & Upward facing dog Variation C
	10/11/2026	Sun	YIN SPECIALTY ~ NO CLASS
	10/14/2026	Wed	YIN SPECIALTY ~ NO CLASS
7	10/18/2026	Sun	Introduction to Sequencing
8	10/21/2026	Wed	Dandasana & Paripuna Navasana (boat)
9	10/25/2026	Sun	Chaturanga (four limbed staff) & Plank
10	10/28/2026	Wed	Balasana (child), Apanasana (knee to chest) & Supta Ananda Balasana (happy baby)
		November	
11	11/1/2026	Sun	Setu bandhasana (bridge) & Savasana (corpse)
12	11/4/2026	Wed	Yoga Mudra (Seal of Yoga) & Purvottanasana (supine plank)
13	11/8/2026	Sun	Cat/Cow & Chakoravakasana (sun bird)
14	11/11/2026	Wed	Parsvottanasana (pyramid) & Urdhva Prasarita Eka Padasana (standing splits)
15	11/15/2026	Sun	Virabhadrasana 1 (warrior 1) & Virabhadrasana 3 (warrior)
16	11/18/2026	Wed	Ashva Sanchalasana (runner's lunge) & Hanumanasana (splits)
17	11/22/2026	Sun	Natarajasana (dancer)
	11/25/2026	Wed	HOLIDAY ~ NO CLASS
18	11/29/2026	Sun	Virabhadrasana 2 & Parsvakonasana (extended side angle)
		December	
19	12/2/2026	Wed	Trikonasana (triangle) & Tulata Ardha Chandrasana (balancing half moon)
20	12/6/2026	Sun	Deviasana (goddess), Mandukasana (frog), Malasana & Upavesasana (squats)
21	12/9/2026	Wed	Vrkshasana (tree) & Padangushthtasana (hand to toe)
22	12/13/2026	Sun	Padmasana (lotus) or Sukasana (easy pose)
23	12/16/2026	Wed	Prasarita Padottanasana (intense spread-leg ff) & Parivrrta Prasarita Padottanasana (rotated wide-legged ff)
24	12/20/2026	Sun	Moon Salute
25	12/23/2026	Wed	Classic Sun Salutation
26	12/27/2026	Sun	Ardha Matsyendrasana (seated spinal twist) & Parivrtta Utkatasana (standing chair twist) variation D
27	12/30/2026	Wed	Parivrrta Trikonasana (revolved triangle) & Parivrtta Ardha Chandrasana (revolved half moon)
		January	
28	1/3/2027	Sun	Gharudasana (eagle)
29	1/6/2027	Wed	Sarvangasana (shoulder stand) & Halasana (plow)
30	1/10/2027	Sun	Urdhva Dhanurasana or Chakrasana (wheel)
	1/13/2027	Wed	SPIRIT MODULE ~ NO CLASS
31	1/17/2027	Sun	Ustrasana (camel) & Viparita Karani (legs up the wall)
32	1/20/2027	Wed	Parivrtta Parsvakonasana (revolved side angle) & Parivrtta Utthita Padangushthtasana (standing big toe twist)
33	1/24/2027	Sun	Gomukhasana (cow face)
34	1/27/2027	Wed	Matsyasana (fish)
35	1/31/2027	Sun	Ardha Chandrasana (standing side stretch), Parighasana (gate pose) & Parivrtta Janusirsasana (rotated head to knee)
		February	
36	2/3/2027	Wed	Dhanurasana (bow)
37	2/7/2027	Sun	Supta Padangustasana (reclining leg stretches) & Jathara Parivartanasana (reclined spinal twists)
	2/10/2027	Wed	KUNDALINI SPECIALTY MODULE ~ NO CLASS
38	2/14/2027	Sun	Janu Sirsasana (head to knee), Triang Mukha Eka Pada Paschimottanasana (three-faced forward bend) & krouncasana (heron pose)
39	2/17/2027	Wed	Baddha Konasana (cobbler) & reclined Baddha Konasana
40	2/21/2027	Sun	Ekapada Rajakapotasana (pigeon)
41	2/24/2027	Wed	Ardha Mandalasana (half circle) & Vasistasana (side arm balances)
42	2/28/2027	Sun	Kakasana (crow) & Bakasana (crane)
		March	
43	3/3/2027	Wed	Advancing Arm Balances - BhujaPidasana (crow variations) & Eka Pada Koundinyasana (flying splits) ****
44	3/7/2027	Sun	Simhasana (lion), Virasana (Hero) & Supta Virasana (reclining)
45	3/10/2027	Wed	Sirasana (headstand) ****
46	3/14/2027	Sun	Paschimottanasana (seated forward fold) & Upavishtha Konasana (seated open forward fold)
47	3/17/2027	Wed	Ashtanga Series A & B ****
48	3/21/2027	Sun	Adho Mukha Vrksasana (hand stand) ****
	****	Attendance required for experience only ~ you will not be expected to demonstrate or teach these more advanced poses	