

## ASANA LAB SCHEDULE ~ Round 4

Asana Labs are held on Wednesdays at 11am Pacific Time with Stacy McCarthy and Sundays at 3pm Pacific Time with Jonathan Richard			
Lab #	Date	Day	February
1	2/28/2024	Wed	Tadasana and Yoga Basics
			<b>March</b>
2	3/3/2024	Sun	Uttanasana (standing forward fold) & Half Sun Salutations
3	3/6/2024	Wed	Adho Mukha Shvanasana (downward facing dog) & downward puppy
4	3/10/2024	Sun	Utkatasana (chair pose)
5	3/13/2024	Wed	Purushamrigasana (sphinx) & Shalabhasana (locust)
6	3/17/2024	Sun	Bhujangasana (cobra) & Upward facing dog Variation C
7	3/20/2024	Wed	Introduction to Sequencing
8	3/24/2024	Sun	Dandasana & Paripuna Navasana (boat)
9	3/27/2024	Wed	Chaturanga Dandasana (four limbed staff) & plank
	3/31/2024	Sun	<b>NO CLASS EASTER SUNDAY</b>
			<b>April</b>
10	4/3/2024	Wed	Balasana (child), Apanasana (knee to chest) & Supta Ananda Balasana (happy baby)
11	4/7/2024	Sun	Setu bandhasana (bridge) & Shavasana (corpse)
12	4/10/2024	Wed	Yoga Mudra (Seal of Yoga) & Purvottanasana (supine plank)
13	4/14/2024	Sun	Cat/Cow & Chakoravakasana (sun bird)
14	4/17/2024	Wed	Parshvottanasana (pyramid) & Urdhva Prasarita Eka Padasana (standing splits)
15	4/21/2024	Sun	Virabhadrasana 1 (warrior 1) & Virabhadrasana 3 (warrior)
	4/24/2024	Wed	<b>NO CLASS GENTLE YTT</b>
16	4/28/2024	Sun	Ashva Sanchalanasana (runner's lunge) & Hanumanasana (splits)
			<b>May</b>
17	5/1/2024	Wed	Natarajasana (dancer)
18	5/5/2024	Sun	Virabhadrasana 2 & Parshvakonasana (extended side angle)
19	5/8/2024	Wed	Trikonasana (triangle) & Tulata Ardha Chandrasana (balancing half moon)
20	5/12/2024	Sun	Deviasana (goddess) & Mandukasana (frog)
21	5/15/2024	Wed	Vrkshasana (tree) & Padangushtasana (hand to toe)
22	5/19/2024	Sun	Padmasana (lotus) or Sukasana (easy pose)
	5/22/2024	Wed	<b>NO CLASS CORE MODULE</b>
23	5/26/2024	Sun	Prasarita Padottanasana (intense spread-leg ff) & Parivrrta Prasarita Padottanasana (rotated wide-legged ff)
24	5/29/2024	Wed	Classic Sun Salutation
			<b>June</b>
25	6/2/2024	Sun	Moon Salute
26	6/5/2024	Wed	Ardha Matsyendrasana (seated spinal twist) & Parivrrta Utkatasana (standing chair twist) variation D
27	6/9/2024	Sun	Parivrrta Trikonasana (revolved triangle) & Parivrrta Ardha Chandrasana (revolved half moon)
28	6/12/2024	Wed	Gharudasana (eagle)
29	6/16/2024	Sun	Sarvangasana (shoulder stand) & Halasana (plow)
30	6/19/2024	Wed	Urdhva Dhanurasana or Chakrasana (wheel)
31	6/23/2024	Sun	Ustrasana (camel) & Viparita Karani (legs up the wall)
32	6/26/2024	Wed	Parivrrta Parsvakonasana (revolved side angle) & Parivrrta Utthita Padangushtasana (standing big toe twist)
33	6/30/2024	Sun	Gomukhasana (cow face)
			<b>July</b>
34	7/3/2024	Wed	Matsyasana (fish)
35	7/7/2024	Sun	Ardha Chandrasana (standing side stretch), Parighasana (gate pose) & Parvritta Janusirasana (rotated head to knee)
36	7/10/2024	Wed	Dhanurasana (bow)
37	7/14/2024	Sun	Supta Padangustasana (reclining leg stretches) & Jathara Parivartanasana (reclined spinal twists)
38	7/17/2024	Wed	Janu Shirshasana (head to knee), Triangle Mukha Eka Pada Paschimottanasana (three-faced forward bend) & krouncasana (heron pose)
39	7/21/2024	Sun	Baddha Konasana (cobbler) & reclined Baddha Konasana
40	7/24/2024	Wed	Ekapada Rajakapotasana (pigeon)
41	7/28/2024	Sun	Ardha Mandalasana (half circle) & Vashistasana (side arm balances)
	7/31/2024	Wed	<b>NO CLASS VINYASA YTT</b>
			<b>August</b>
42	8/4/2024	Sun	Malasana or Upavesasana (squats) & Kakasana (crow)
43	8/7/2024	Wed	Advancing Arm Balances - Bhujapidasana (crow variations) & Eka Pada Koundinyasana (flying splits) ****
44	8/11/2024	Sun	Simhasana (lion), Virasana (Hero) & Supta Virasana (reclining)
45	8/14/2024	Wed	Sirasana (headstand) ****
46	8/18/2024	Sun	Paschimottanasana (seated forward fold) & Upavishtha Konasana (seated open forward fold)
47	8/21/2024	Wed	Ashtanga Series A & B ****
48	8/25/2024	Sun	Adho Mukha Vrikshasana (hand stand) ****
			**** Attendance required for experience only ~ you will not be expected to demonstrate or teach these more advanced poses