

Round 5 Asana Lab Schedule

Asana Labs are held on Wednesdays at 11am Pacific Time with Stacy McCarthy and Sundays at 3pm Pacific Time with Jonathan Richard			
Lab #	Date	August	
1	8/28/2024	Wed	Tadasana and Yoga Basics
September			
2	9/1/2024	Sun	Uttanasana (standing forward fold) & Half Sun Salutations
3	9/4/2024	Wed	Adho Mukha Svanasana (downward facing dog) & Anahatasana (downward puppy)
4	9/8/2024	Sun	Utkatasana (chair pose)
5	9/11/2024	Wed	Purushamrigasana (sphinx) & Shalabhasana (locust)
6	9/15/2024	Sun	Bhujangasana (cobra) & Upward facing dog Variation C
	9/18/2024	Wed	NO CLASS CORE MODULE
7	9/22/2024	Sun	Introduction to Sequencing
8	9/25/2024	Wed	Dandasana & Paripuna Navasana (boat)
9	9/29/2024	Sun	Chaturanga (four limbed staff) & Plank
October			
10	10/2/2024	Wed	Balasana (child), Apanasana (knee to chest) & Supta Ananda Balasana (happy baby)
11	10/6/2024	Sun	Setu bandhasana (bridge) & Savasana (corpse)
12	10/9/2024	Wed	Yoga Mudra (Seal of Yoga) & Purvottanasana (supine plank)
13	10/13/2024	Sun	Cat/Cow & Chakoravakasana (sun bird)
14	10/16/2024	Wed	Parsvottanasana (pyramid) & Urdhva Prasarita Eka Padasana (standing splits)
15	10/20/2024	Sun	Virabhadrasana 1 (warrior 1) & Virabhadrasana 3 (warrior)
16	10/23/2024	Wed	Ashva Sanchalanasana (runner's lunge) & Hanumanasana (splits)
17	10/27/2024	Sun	Natarajasana (dancer)
18	10/30/2024	Wed	Virabhadrasana 2 & Parsvakonasana (extended side angle)
November			
19	11/3/2024	Sun	Trikonasana (triangle) & Tulata Ardha Chandrasana (balancing half moon)
20	11/6/2024	Wed	Deviyasana (goddess), Mandukasana (frog), Malasana & Upavesasana (squats)
21	11/10/2024	Sun	Vrkshasana (tree) & Padangushtasana (hand to toe)
22	11/13/2024	Wed	Padmasana (lotus) or Sukasana (easy pose)
23	11/17/2024	Sun	Prasarita Padottanasana (intense spread-leg ff) & Parivrrta Prasarita Padottanasana (rotated wide-legged ff)
24	11/20/2024	Wed	Classic Sun Salutation
25	11/24/2024	Sun	Moon Salute
	11/27/2024	Wed	NO CLASS HOLIDAY
December			
26	12/1/2024	Sun	Ardha Matsyendrasana (seated spinal twist) & Parivrrta Utkatasana (standing chair twist) variation D
27	12/4/2024	Wed	Parivrrta Trikonasana (revolved triangle) & Parivrrta Ardha Chandrasana (revolved half moon)
28	12/8/2024	Sun	Gharudasana (eagle)
29	12/11/2024	Wed	Sarvangasana (shoulder stand) & Halasana (plow)
30	12/15/2024	Sun	Urdhva Dhanurasana or Chakrasana (wheel)
31	12/18/2024	Wed	Ustrasana (camel) & Viparita Karani (legs up the wall)
32	12/22/2024	Sun	Parivrrta Parsvakonasana (revolved side angle) & Parivrrta Utthita Padangushtasana (standing big toe twist)
	12/25/2024	Wed	NO CLASS HOLIDAY
33	12/29/2024	Sun	Gomukhasana (cow face)
January			
	1/1/2025	Wed	NO CLASS HOLIDAY
34	1/5/2025	Sun	Matsyasana (fish)
35	1/8/2025	Wed	Ardha Chandrasana (standing side stretch), Parighasana (gate pose) & Parivrrta Janusirasana (rotated head to knee)
36	1/12/2025	Sun	Dhanurasana (bow)
	1/15/2025	Wed	NO CLASS CORE MODULE
37	1/19/2025	Sun	Supta Padangustasana (reclining leg stretches) & Jathara Parivartanasana (reclined spinal twists)
38	1/22/2025	Wed	Janu Sirsasana (head to knee), Triang Mukha Eka Pada Paschimottanasana (three-faced forward bend) & krouncasana (heron pose)
39	1/26/2025	Sun	Baddha Konasana (cobbler) & reclined Baddha Konasana
40	1/29/2025	Wed	Ekapada Rajakapotasana (pigeon)
February			
41	2/2/2025	Sun	Ardha Mandalasana (half circle) & Vasistasana (side arm balances)
42	2/5/2025	Wed	Kakasana (crow) & Bakasana (crane)
43	2/9/2025	Sun	Advancing Arm Balances - Bhujapidasana (crow variations) & Eka Pada Koundinyasana (flying splits) ****
44	2/12/2025	Wed	Simhasana (lion), Virasana (Hero) & Supta Virasana (reclining)
45	2/16/2025	Sun	Sirasana (headstand) ****
46	2/19/2025	Wed	Paschimottanasana (seated forward fold) & Upavishtha Konasana (seated open forward fold)
47	2/23/2025	Sun	Ashtanga Series A & B ****
48	2/26/2025	Wed	Adho Mukha Vrksasana (hand stand) ****
			**** Attendance required for experience only ~ you will not be expected to demonstrate or teach these more advanced poses