

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