

## Asana Lab Schedule ~ Round 8

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