

# atmananda yoga sequence

Level 6	 <i>Yoga Nidrasana</i> – Sleeping Yogi Pose Svadhishthana Chakra beyond one's body	 <i>Urdhva Padmasana</i> - Upward Lotus Stand Sahasara Chakra introspection	 <i>Pindasana</i> - Embryo Pose Vishuddha Chakra rebirth	 <i>Kukutasana (Wooster)</i> - Manipura Levitation	 <i>Navasana</i> - Boat Pose Manipura Chakra gut feeling	 <i>Matsyasana</i> – Fish Pose Manipura or Anahata Chakra strength of vulnerability	 <i>Setu Bhandasana</i> – Half Bridge Pose Anahata Chakra support	 <i>Baddha Urdhva Dhanurasana</i> Bound Upward Bow Pose Anahata Chakra opening	 <i>Eka Pada Baddha Urdhva Dhanurasana</i> – One Foot Bound Upward Bow Pose Anahata Chakra creativity	 <i>Urdhva Dhanurasana</i> – Upward Bow Pose Anahata Chakra wheel of life	 <i>Shavasana</i> – Corpse Pose Ajna Chakra dissolution	 <i>Padmasana</i> – Lotus Pose Sahasara Chakra beingness	
Level 5	 <i>Mudhasana</i> – Child's Pose Muladhara Chakra humility	 <i>Salamba Sirsasana</i> – Supported Headstand Sahasara Chakra facing reality	 <i>Vrischikasana</i> – Scorpion Pose Ajna Chakra overcoming the mind	 <i>Urdhva Dandasana</i> – Upward Staff Pose Muladhara Chakra support	 <i>Virasana</i> – Hero Pose Manipura Chakra timelessness	 <i>Supta Virasana</i> – Reclined Hero Pose Svadhishthana, Anahata, Vishuddha Chakra sweet surrender	 <i>Laghu Vajrasana</i> – Little Thunderbolt Pose Manipura Chakra infinity	 <i>Lolasana</i> – Dangling Pose Muladhara or Anahata Chakra rising	 <i>Paschimottasana</i> – Seated Forward Bend Svadhishthana Chakra creating space to move forward	 <i>Halasana</i> – Plow Pose Manipura or Vishuddha Chakra intuition	 <i>Salamba Sarvangasana</i> - Supported Shoulder Stand Vishuddha Chakra expression	 <i>Karnapidasana</i> - Ear Pressure Pose Vishuddha Chakra security	
Level 4	 <i>Vrikasana</i> – Tree Pose Muladhara or Ajna Chakra simultaneous groundedness and buoyancy	 <i>Adha Mukha Vrikasana</i> – Handstand Manipura Chakra creativity	 <i>Ashwa Sanchalanasana II</i> Lunge Ajna Chakra attention of the Mind	 <i>Hanumanasana</i> Pose of the Monkey God Hanuman Muladhara Chakra full surrender	 <i>Titibhasana</i> – Firefly Pose Manipura Chakra weightlessness	 <i>Urdhva Utthita Baddha Parsvakonasana</i> Upright Extended Bound Side Angle Pose Ajna Chakra open to the present	 <i>Urdhva Parivrita Baddha Parsvakonasana</i> – Upright Revolved Bound Side Angle Pose Muladhara Chakra commitment to change	 <i>Urdhva Utthita Ekapadasana</i> Upright Extended One Foot Pose Manipura Chakra rooting	 <i>Ardha Chandrasana</i> – Half Moon Pose Svadhishthana Chakra infinite thinking	 <i>Ardha Matsyendrasana</i> Seated Spinal Twist Ajna Chakra flexibility of the mind	 <i>Eka Pada Rajakapotasana</i> One Foot King Pigeon Pose Manipura or Vishuddha Chakra trust	 <i>Shalabhasana II</i> – Locust Pose var. II Svadhishthana Chakra will power	 <i>Dhanurasana</i> – Bow Pose Vishuddha, Anahata, Manipura Chakra strength
Level 3	 <i>Eka Pada Koundinyasana II</i> – One Foot Pose of the Sage Ajna Chakra stability through change	 <i>Urdhva Trikonasana II</i> – Extended Triangle Pose var. II Manipura Chakra	 <i>Parivrita Trikonasana I</i> – Revolved Triangle Pose var. I Manipura Chakra creation of space	 <i>Parivrita Parsvakonasana I</i> – Revolved Side Angle Pose Muladhara Chakra opening of the mind	 <i>Parivrita Namaste Parsvakonasana</i> Revolved Prayer Side Angle Pose Muladhara Chakra focus through balance	 <i>Parivrita Baddha Parsvakonasana</i> Revolved Bound Side Angle Pose Anahata Chakra	 <i>Mayurasana</i> - Peacock Pose Manipura Chakra lightness of ones past	 <i>Prasarita Padottanasana</i> - Expanded Foot Pose Sahasara Chakra embracing Mother Earth	 <i>Vasisthasana</i> – Sage Pose Manipura Chakra balance between earth and sky	 <i>Vasisthasana II</i> – Sage Pose var. II Manipura Chakra playing with the infinite	 <i>Utthita Hasta Padangusthasana</i> – Extended Hand to Big Toe Pose Muladhara or Ajna Chakra clarity of wisdom and purpose	 <i>Natarajasana</i> – Lord Shiva's Pose Muladhara Chakra dancing through the infinite	
Level 2	 <i>Virabhadrasana I</i> – Warrior I Anahata or Vishuddha Chakra honor of the most high	 <i>Virabhadrasana II</i> – Warrior II Manipura Chakra intuitive warrior	 <i>Utthita Parsvakonasana II</i> – Extended Side Angle Pose var. II Manipura Chakra energetic alignment	 <i>Parsvottasana</i> – Intense Extended Side Stretch Ajna Chakra trust in unity	 <i>Parsvottasana II</i> – Intense Extended Side Stretch var. II Ajna Chakra trust without support	 <i>Parsvottasana III</i> – Intense Extended Side Stretch var. III Ajna Chakra connection of Spirit with Earth	 <i>Bakasana</i> – Crow Pose Ajna Chakra flying like a bird	 <i>Utthita Hasta Parsvakonasana</i> – Extended Hands Side Angle Pose Manipura Chakra self support	 <i>Utthita Baddha Parsvakonasana</i> – Extended Bound Side Angle Pose Manipura Chakra freedom from limitations	 <i>Parsvottasana IV</i> – Intense Extended Side Stretch var. IV Muladhara Chakra preparation for big steps			
Level 1	 <i>Tadasana</i> – Mountain Pose Muladhara Chakra individual groundedness	 <i>Pranamasana</i> – Prayer Pose Anahata Chakra individual union	 <i>Hasta Tadasana</i> – Raised Arms Pose Vishuddha Chakra individual uplifting	 <i>Uttanasana</i> – Forward Bend Pose Manipura Chakra unity in male and female	 <i>Uttanasana II</i> – Flat Back Svadhishthana Chakra Ajna Chakra individuality of male and female	 <i>Ashwa Sanchalanasana</i> – Equestrian Pose Ajna Chakra focus of the mind	 <i>Santalanasana</i> – Plank Pose Manipura Chakra strength of the center	 <i>Ashtanga Namaskara</i> Salute with Eight Points Manipura and Vishuddha Chakras infinite touch	 <i>Bhujangasana</i> – Cobra Pose Svadhishthana Chakra poised energy	 <i>Chaturanga Dandasana</i> Four Limbs Pose Manipura or Anahata Chakra support and stability	 <i>Urdhva Mukha Svansana</i> – Upward or Facing Dog Pose Anahata or Vishuddha Chakra invocation to power	 <i>Adha Mukha Svansana</i> – Downward Facing Dog Pose Vishuddha Chakra integration through awareness	