

# Your Yoga

## LEVEL 3

### HANDS & FEET

- 3-Legged Dog
  - Lizard
  - Plank
  - Chaturanga Dandasana
  - Upward Facing Dog
  - Side Plank (3)
  - Half Splits
- Vinyasa Flow*

### BODY

- Staff
- Boat (3)
- Head to Knee
- Locust
- Bridge
- Pigeon
- Thunderbolt

### TWO FEET TOGETHER

- Tadasana
- Chair Twist

### TWO FEET APART

- Crescent Lunge Twist
  - Prayer Lunge Twist
  - Runner's Lunge Twist
  - Triangle (6)
  - Goddess
- Five Lunges Flow*

### ONE FOOT

- Tree (3)
- One-Legged Chair
- Standing Pigeon
- Warrior III

### FLOW REGIONS

Some flows in Level 3 transition between flow regions, so we are now learning to flow from one connection with the ground to another.

*Surya Namaskar*

*Wild Warrior Flow*

*Fierce Flow*

*Fierce-to-Float Flow*

**SN5 BREATH:** *Soft, nasal, calming breath. 5 seconds in, 5 out.*

NOTE: Level 3 introduces 25 new poses that build on fundamentals learned in Levels 1 and 2, and are quite a bit more challenging overall. Establish proficiency with the previous levels before beginning Level 3.

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Disclaimer: Please consult your healthcare professional with questions or concerns before starting any new exercise. There is the possibility of physical injury when doing these poses. The poses may not be suitable for all people. The Perspective Project LLC d/b/a Beat Up the Sun shall not be held liable for any injury sustained doing the poses set forth herein.