



Included:

- **8 Step Wellness Program**
- **Classic 12 Step Formula**
- **Prime of Life Yoga[®] Postures**

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8 Step Wellness Program

A Lifestyle Program for Healing the Whole Person

1. Mindset
2. Biomechanical Re-education
3. Personalized Yoga Asana Program
4. Journal
5. Food Choices
6. Water Intake
7. Yoga Breathing Breaks
8. Rest & Relaxation

Classic 12 Step Formula for General Conditioning Classes

Attunement

Preparation

Standing Poses

Balancing Poses (Optional)

Rest

Abdominals - Compensation/Preparation

Inversion (Optional)

Rest - Compensation/Preparation

Backbends - Compensation/Preparation

Forward Bends

Twists - Compensation

Rest

Breathing and/or Final Relaxation

Basic Postures



Tadasana
Mountain Pose



Uttanasana
Standing Forward
Bend



Ardha Utkatasana
Half Chair



Virabhadrasana
Warrior



Sukhasana
Easy Pose



Pascimottanasana
Seated Forward
Bend



Salabhasana
Locust



Bhujangasana
Cobra



Apanasana
Knees to chest



Viparitakarani
Half-shoulder stand



Parsva Uttanasana
Standing
Asymmetrical
Forward Bend



Ardha Uttanasana
Half-standing
Forward
Bend



Parvrita
Trikonasana
Revolved Triangle



Adhomukha
Svanasana
Downward Facing
Dog



Mahamudra
Volcano



Cakravakasana
Cat Pose



Dvipada Pitha
Bridge



Savasana
Corpse Pose



Jathara Parivritti
Bent Leg Supine
Twist



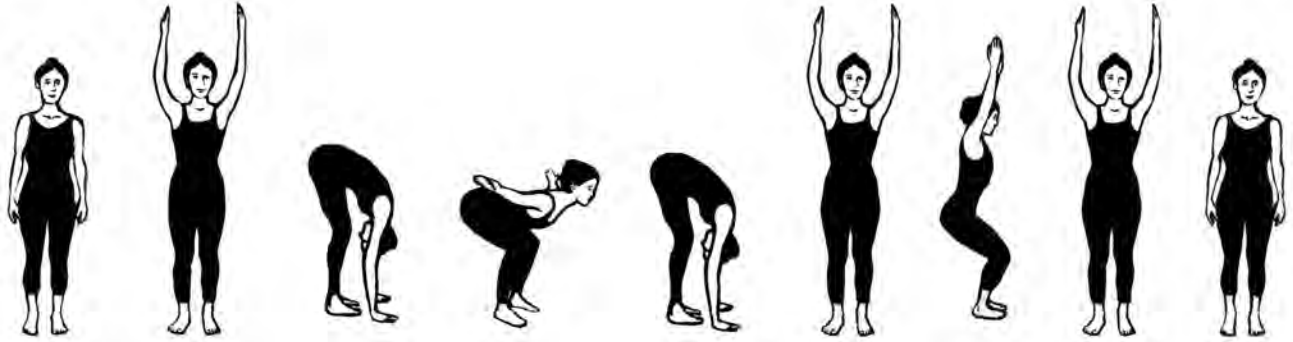
Navasana
Boat Pose

Standing Postures



Standing Sequences

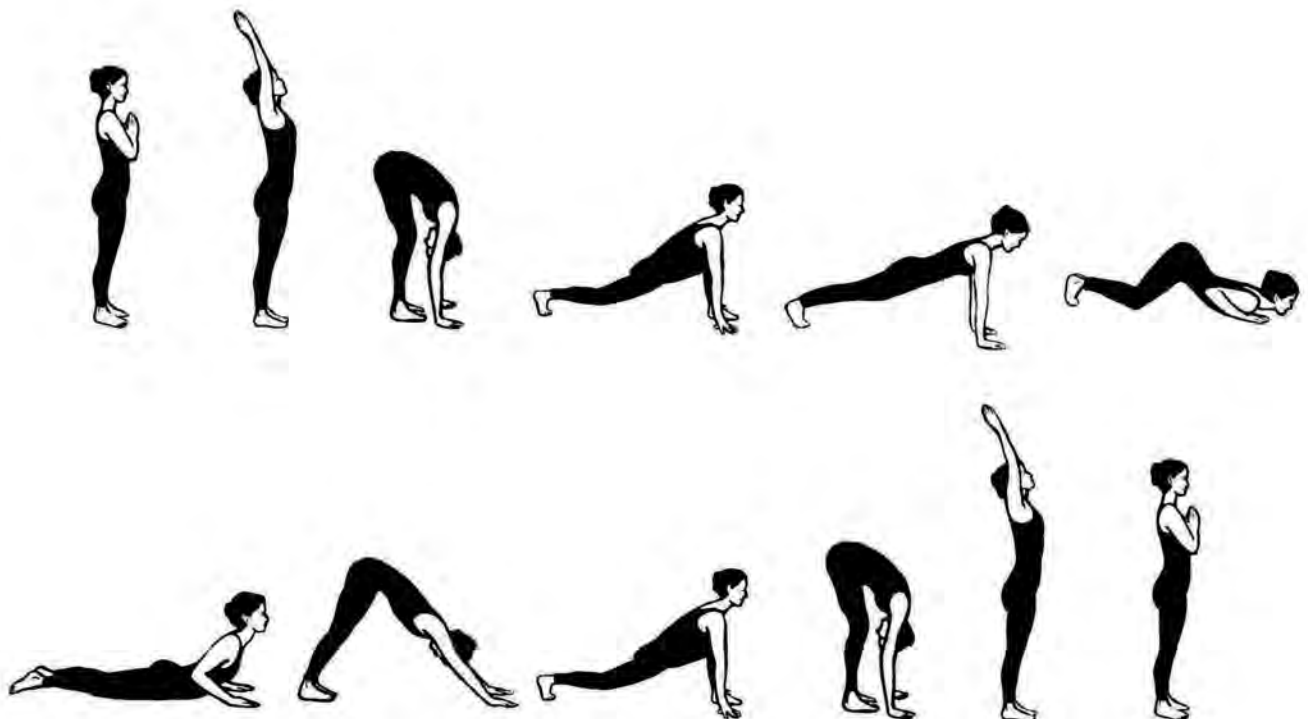
Rejuvenation



Kneeling Sun Salutation



Classic Sun Salutation



Balancing Poses



Abdominals



Inversions



Back Bends



Hamstrings



Forward Bends



Twists



Psoas

