



**SUMMERSALT
YOGA**

10 day yoga challenge



We're inviting you all to join our 10 day yoga challenge and do it at your own pace!

This challenge is about the journey - physically, emotionally, and spiritually. This is a challenge to meet you where YOU are, not where you think you should be! It's a challenge that might surprise you of what you're capable of. Most of all, it's a challenge to just get close to feeling into your physical body to feel into the deeper subtle energies as you carry on with it.

Share your challenge photos on Instagram with the hashtag #summersaltchallenge. For each shared photo with the hashtag we will give 7 days of access to life-saving clean water to people in Africa as a part of our giving back initiatives with B1G1 organization.

Bakasana

1 Crow pose

a Beginner version:
Malasana (angled squat)

b Intermediate version:
1 leg lifted

c Full version:
Bakasana (crow)

Description

Crow pose is a great way to play with root and rebound! The ground supports you to steady your balance as you begin to fly!

To start, come to angled squat. Add on by lifting one foot, and then the other. Keep the gaze forward (not down!) as you play with the transition to lift both feet! Keep the abdominals engaged and round through the upper back.



A



B



C

Parvritta Bakasana

2 Side crow pose

a Beginner version:
Prayer twist

b Intermediate version:
Hands placed down

c Full version:
Side crow

Description

Side crow! One of our favorites. This pose defies gravity a bit. Allow the root energy to support you as you twist and rise!

To start, come into prayer twist. Use your center to swivel around, and place your hands on the ground, with elbows at your thigh and hip. Keep looking forward, and start to lift the feet off the ground.



A



B



C

Pincha Mayurasana

3 Forearm stand

a

Beginner version:
Dolphin

b

Intermediate version:
3 legged dolphin

c

Full version:
Pincha mayurasana

Description

Forearm stand flips the perspective upside down while using the arms to ground you down. The core energy and centered focus allow you to stay only with the inversion! A straight line towards attention and presence. Find the balance to fly free!

To start, use a wall and a block if you're uncertain. Bring the arms shoulderwidth distance and the forearms parallel. Lift up your seat and come into dolphin. Start to play with the lift by bringing up one leg, and then the other. When you're ready, find a pop and fly with both legs! If you're using the wall, remember to not get the "banana" back going on. Press down into the forearms and hands, and steady yourself as you go up.



A



B



C

Mukta hasta sirsasana

4 Tripod Headstand

a

Beginner version:
Prasarita padotannasana

b

Intermediate version:
Knees to triceps

c

Full version:
Tripod headstand

Description

In Tripod headstand, you have multiple points of contact to create a sustainable and steady lift up into the air. Allow your base to support you.

To start, stand wide and fold over into wide legged forward fold (prasarita padotannasana). Bring the hands to the ground, arms shaped like chaturanga (square) arms. Play with bringing one knee to the tricep, and then the other. Once steady, start to lift up the legs (only when you're ready!)



A



B



C

Koundinyasana

5 *One legged pose*

a

Beginner version:
Lizard

b

Intermediate version:
Shoulder wrap

c

Full version:
Koundinyasana

Description

Koundinyasana requires you to reach from your center and radiate out to all limbs (Thanks, BKS Iyengar!). Steady gaze and full engagement of the body is the key to this pose. Take it step by step - start in lizard, start to play with the lift, and then see if you can fly!

To start, come into lizard pose with your back knee down and your front knee at 90 degree angle. Bring the hands to the inside of the foot. As you grow the pose, wrap your shoulder under the bent leg. Inch, inch, inch your foot forward until you can lift it off the ground. Bonus: pick the back foot off too!



B



A



C

Astavakrasana

6 *8-angle pose*

a

Beginner version:
Leg cradle

b

Intermediate version:
Wrap leg

c

Full version:
8-angle pose

Description

Astavakrasana, or 8-angle pose, keeps low to the ground while creating an extension through all limbs.

To start, have a seat on the floor, and bring your leg to cradle in your arms. Rock back and forth a few times to open the space. Play with your abilities - try to wrap the leg around your shoulder from behind. Once you're there, bring your extended, grounded leg up and bring the ankles to wrap. Once there, extend to the side!



B



A



C

Eka Pada Galavasana

7 *Flying pigeon pose*

a

Beginner version:
Utkatasana

b

Intermediate version:
Ankle to thigh

c

Full version:
Flying pigeon

Description

Flying pigeon can make you feel like someone is holding you up by strings, but it's all you! A strong hip-opener that will challenge your balance. Be open and have a pillow ready for a crash pad. This pose requires steadiness that can only come from grounding and presence.

To start, come to chair pose with feet hip width distance apart. Once there, bring the right ankle to the left thigh. Sit lower. Keep sitting lower until you're able to put your hands on the floor. Pull up on the abs, rock forward and keep the gaze ahead, and let the supporting leg lift off of the ground.



A



B



C

Vashistasana

8 Side plank

a Beginner version:
Modified side plank

b Intermediate version:
Side plank Vashistasana

c Full version:
Side plank with leg lifted

Description

Side plank stimulates grounding while playing with steadiness. Allow your center to radiate. Use the ground for your roots to extend out through your fingertips.

To start, come into plank. Bring the right knee to the ground as you plant your right hand and open your chest to the side. Keep the hips lifted. As you're ready, extend the bent leg long and stack one foot on the other. Reach reach reach! If you're up for the extra challenge, lift your top leg and reach for the toes!



A



B



C

Adho Mukha Vrksasana

9 Handstand

a Beginner version:
Downward dog on the wall

b Intermediate version:
Feet on the wall for reverse puppy dog

c Full version:
Handstand

Description

Nothing challenges grounding like handstand. Flip the whole thing and put it on its head...that's handstand. The only focus you have in handstand is to not fall! (You will fall, and that's more than okay!)

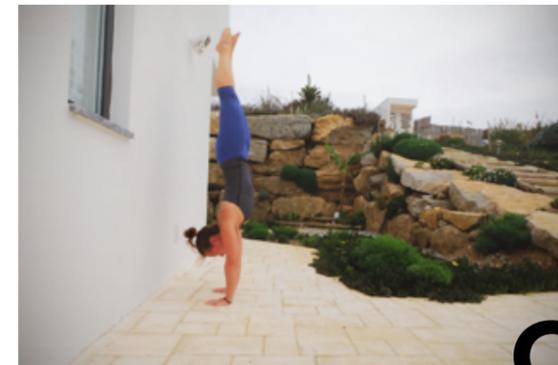
To start, come to downward dog with your heels on the wall. As you walk back with your hands, bring your shoulders over your wrists. Next, bring one leg and then the other to 90 degree angle on the wall. As you steady, lift one leg, and then the other! You can also turn toward the wall and lift into handstand so that the wall is there to catch you.



A



B



C



Sirsasana

10 *Headstand*

a Beginner version:
Rabbit

b Intermediate version:
Dolphin

c Full version:
Headstand

Description

Headstand. The mother of inversions. Energetically, everything is flipped upside down to stimulate reverse flow, and the cycle is endless, as the head is on the ground and not letting any energy escape. With more support on the ground, the gravity holds as you press against your arms.

To start, interlace your fingers but keep your pinky fingers long to help support. Keep the wrists in line with your elbows. Start with just tucking the head. No weight should be in the neck. Once tucked, start to lift the seat. Press into the forearms. Play with lifting one leg at a time, but never jump into this pose. Feel it out, and as you're ready, lift both legs to the air!



A



B



C

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