



Lista de asanas e pranayamas (sessão avaliação)

Legenda:

- Posturas do programa Intermediário Sênior I

- Posturas de níveis inferiores

- Posturas do programa Int. Sr. I a rever no Int. Sr. II

Asanas:

1	Parivrtta Trikonasana	1m30s	26	Parivrtta Janu Sirsasana (J3)	2m
2	Parivrtta Parsvakonasana	1m30s	27	Parivrtta Paschimottanasana (J3)	2m
3	Ardha Baddha Padmottanasana	1m30s	28	<u>Akarna Dhanurasana</u> (completa) (30s cada fase)	1m30s
4	Utthita Hasta Padangusthasana I (J3)	1m	29	Kurmasana I	1m
5	Utthita Hasta Padangusthasana II	1m	30	Kurmasana II (J3)	1m
6	Urdhva Prasarita Ekapadasana	1m	31	Malasana I	2m
7	Prasarita Padottanasana II	2m	32	<u>Supta Kurmasana</u>	30s
8	Padmasana (J3)	2m30s	33	<u>Eka Pada Sirsasana</u> (suporte sob as nádegas)	1m
9	Matsyasana (J3) (30s cada fase)	1m30s	34	Ardha Matsyendrasana I	2m
10	<u>Uttana Padasana</u>	30s	35	Bhujapidasana (J3)	30s
11	Bhekasana	1m	36	<u>Bakasana</u>	30s
12	<u>Anantasana</u>	1m	37	<u>Parsva Bakasana</u>	20s
13	<u>Nakrasana</u>	5 saltos	38	Urdhva Dhanurasana (J3) (desde o chão)	1m30s
14	Adho Mukha Vrksasana (J3)	45s	39	<u>Dwi Pada Viparita Dandasana</u> (postura completa)	2m
15	Pincha Mayurasana	45s	40	Três posturas de retorno das retroflexões	
16	Salamba Sirsasana I	12m	41	Salamba Sarvangasana I	12m
17	Parsva Sirsasana (J3)	30s	42	<u>Niralamba Sarvangasana I</u>	30s
18	Eka Pada Sirsasana	30s	43	Urdhva Padmasana em Sarvangasana (J3)	1m30s/lado
19	Parsvaika Pada Sirsasana	30s	44	Pindasana em Sarvangasana (J3)	30s/lado
20	Parivrttaikapada Sirsasana (J3)	30s	45	<u>Setu Bandha Sarvangasana</u> (postura final)	3m
21	<u>Urdhva Padmasana em Sirsasana</u>	2m	46	Jathara Parivartanasana (J3) (postura final)	1m
22	Ardha Baddha Padma Paschimottanasana (J3)	2m	47	Savasana	8m
23	<u>Krounchasana</u>	1m			
24	Marichyasana II (J3)	1m			
25	<u>Urdhva Mukha Paschimottanasana I</u>	1m			

Pranayamas:

- [Ujjayi (fases VIII e X)
- [Viloma (fases VII e VII)