



High Desert Yoga  
**Yogasana Immersion**  
2020 Course Syllabus

*Schedule: Saturday & Sunday 2:00–4:00pm*

**WEEK 1**

March 20 Asana: Concepts, Terms and Actions  
March 21 Legs and pelvic girdle

**WEEK 2**

April 3 Arms and shoulder girdle  
April 4 Middle body

**WEEK 3**

April 10 & 11 Standing asanas with neutral bias, internal rotation and lateral symmetry

**WEEK 4**

April 17 & 18 Standing asanas with neutral bias, internal rotation and lateral asymmetry

**WEEK 5**

May 1 & 2 Standing asanas with external rotation

**WEEK 6**

May 8 & 9 Review all standing poses

**WEEK 7**

May 15 & 16 Forward folds

**WEEK 8**

May 22 Twists, standing  
May 23 Twists, seated and supine

**WEEK 9**

June 5 & 6 Backbends

**WEEK 10**

June 12 & 13 Inversions

**WEEK 11**

June 19 & 20 Inversions