

# ASHTANGA ASSIST MENU

## 1 Downward Facing Dog and Backbending assist FREE with every visit!\*

*\*Other assists may be given, free of charge.  
Please place a line through any assists you are allergic or otherwise against*

### STANDING SERIES: 2 assists per session

- Padahasthasana (*Standing Forward Fold*)
- Prasarita C (*Standing Wide Legged Forward Fold, hands clasped*)
- Utthita Hasta Padanghustasana (*Standing Head to Knee*)
- Utkatasana Lift (*Chair Pose Exit*)

### PRIMARY FLOOR SERIES: 2 assists per session

- Please work with me on Jump backs
- Paschimottanasana (*Seated Forward Fold*)
- Purvottanasana (*Reverse Plank*)
- Marichyasana C or D (*Please circle your preference*)
- Supta Kurmasana (*Please indicate arm/foot order preference*)
- Baddha Konasana A (*Seated Bound Angle*)

### SECOND FLOOR SERIES: 2 assists per session Supta Vajrasana is on the house!

- Pasasana (*Noose Pose*)
- Bekhasana (*Frog Pose*)
- Kapotasana (*Please indicate if you'd like heels with your order*)
- Yoganidrasana (*Sleeping Yogi*)
- Karandavasana (*Student required to try twice without assist first*)

### SPECIAL REQUESTS: Limit 1 per student

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### INJURIES: Limit 1 per student

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