

	Urdhva Dhanurasana
Theme:	<i>Purna</i> – Perfection without needing to be perfect
Heart Qualities:	Gratitude, self -love: Being present in the moment we can more skillfully create steadfastness to face life’s challenges; beyond judgment and self criticism we recognize our self-worth as we are.
Personal:	Recount a time when you grew from a painful experience and recognized the potential in even the hard parts of life.
UPA(s) focus:	1) Open to Grace 2) Inner Spiral
Action:	Soften the heart and draw the periphery to the core
Peak Pose:	Urdhva Dhanurasana
Sequence:	Cat-Cow Sun Salutations Kneeling Crescent Moon (<i>Anjaneyasana</i>) Camel Pose (<i>Ustrasana</i>) Wild Thing Locust Pose (<i>Salabhasana</i>)
Demo:	Bow Pose (<i>Dhanurasana</i>) Down Dog Bridge Pose (<i>Setu Bhandha</i>)
Peak Pose:	Upward-Facing Bow (<i>Urdhva Dhanurasana</i>) Happy Baby Seated Twists
Closure:	Being present in the moment we create optimal awareness and wise action, regardless of our limitations.