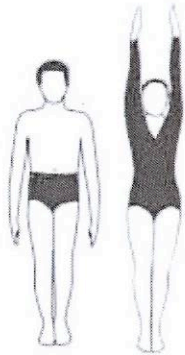
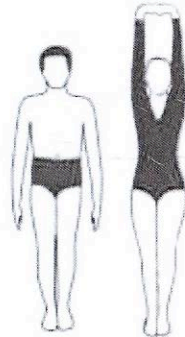


HOME PRACTICE SEQUENCE
 LEVEL I
 Sequence 1

(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



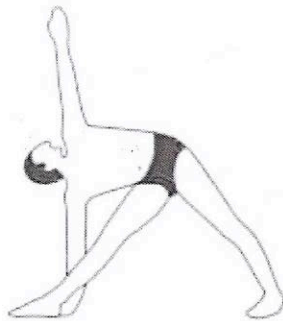
1 *Tāḍāsana/Somasthiti*
 to *Ūrdhva Hastāsana*
 3 x



2 *Tāḍāsana/Somasthiti*
 to *Ūrdhva Baddhāṅguliyāsana*
 (change interlock)
 2 x



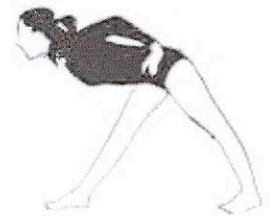
3 *Vṛkṣāsana*
 2 x each side



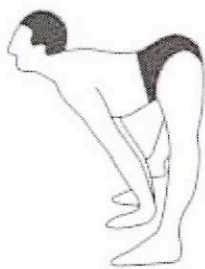
4 *Utthita Trikoṇāsana*
 2 x each side



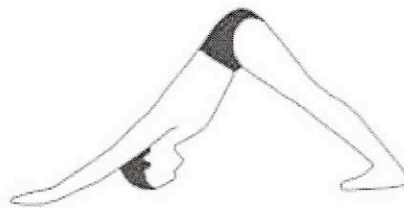
5 *Utthita Pārśvakoṇāsana*
 2 x each side



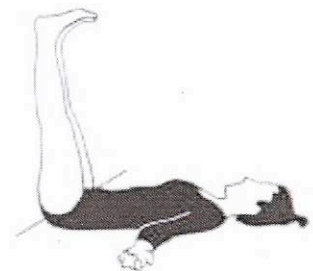
6 *Pārśvottānāsana*
 (hands on hips; concave back)
 2 x each side



7 *Prasārita Pādottānāsana*
 (hands on floor, arms straight;
 concave back)
 2 x



8 *Adho Mukha Śvanāsana*
 2 x



9 *Ūrdhva Prasārita Pādāsana*
 (resting version: legs up wall,
 back flat on floor)
 stay quietly for 5 minutes