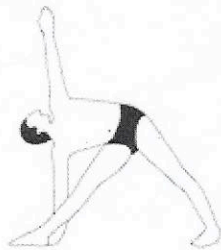




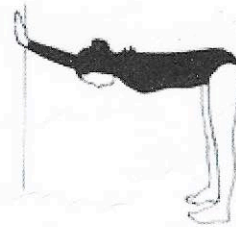
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



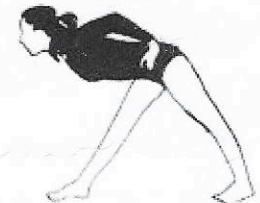
1 *Uttitha Trikoṇāsana*
2 x each side



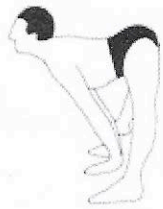
2 *Vīrabhadraśana II*
2 x each side



3 *Ardha Uttānāsana*
(half *Uttānāsana*; hands on wall at shoulder height; concave back)
1 x



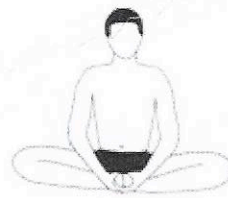
4 *Pārśvottānāsana*
(concave back; hands on chair or blocks)
2 x



5 *Prāsarita Pādottānāsana*
(hands on floor, arms straight; concave back)
2 x



6 *Sukhāsana*
(simple cross legs; switch cross and twist to each side) 2 x



7 *Baddha Koṇāsana*
(back supported against wall or couch) sit on support for several minutes



8 *Vajrāsana* (*Ūrdhva Hasta* & *Parvatāsana* in *Vajrāsana*) sit with blanket between calves and thighs)



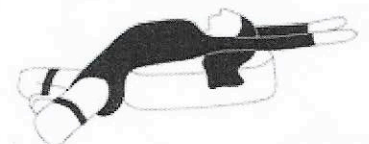
9 *Adho Mukha Vīrāsana*
(knees apart; relax forward; then arms forward) 2 x



10 *Pawanmuktāsana*



11 *Adho Mukha Śvānāsana*
2 x



12 *Supta Baddha Koṇāsana*
(with support under legs, back, and head)

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HOME PRACTICE SEQUENCE

LEVEL I

Sequence 3

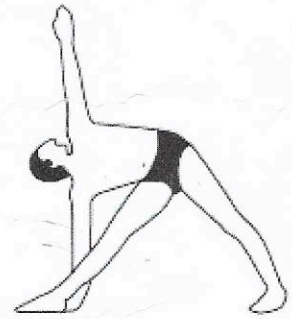
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



1 *Urdhva Hastāsana*
2 x



2 *Utkatāsana*
3 x



3 *Urdhva Trikoṅāsana*
2 x each side



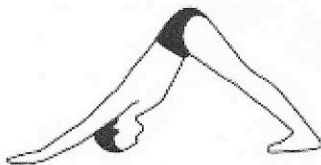
4 *Urdhva Pārśvakoṅāsana*
2 x each side



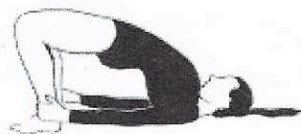
5 *Vimānāsana*
2 x each side



6 *Vīrabhadrāsana I*
2 x each side



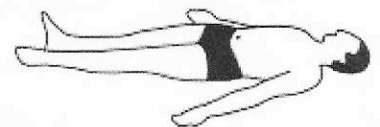
7 *Adho Mukha Śvānāsana*
2 x



8 *Catuṣpādāsana*
2 x



9 *Adho Mukha Vīrāsana*
(release the back)



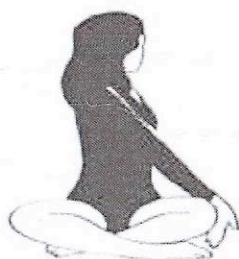
10 *Śavāsana*
(legs resting on chair or support; 5 minutes)

HOME PRACTICE SEQUENCE
LEVEL I
Sequence 4

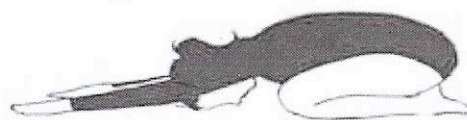
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over time to avoid strain.)



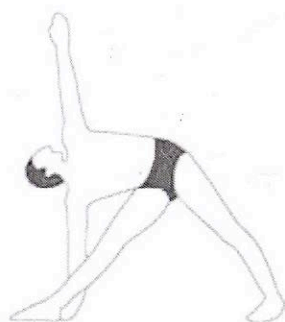
1 *Sukhāsana*
 (change cross)
 1 x



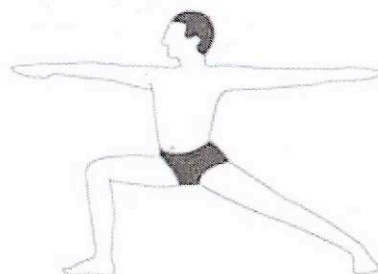
2 *Sukhāsana Twist*
 (simple cross legs, twist,
 change cross, and repeat)
 2 x



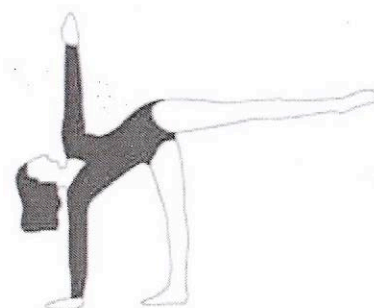
3 *Adho Mukha Virāsana*
 (extend arms forward
 then change cross)



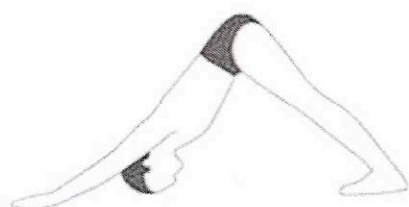
4 *Utthita Trikonāsana*
 2 x each side



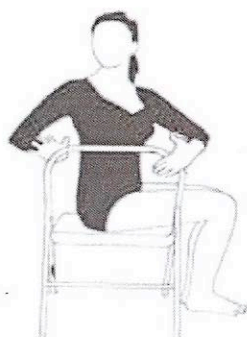
5 *Virābhadrāsana II*
 2 x



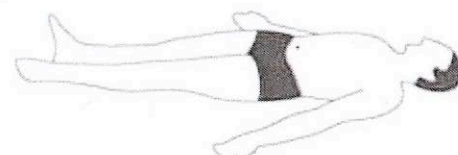
6 *Ardha Chandrāsana*
 (with or without wall)
 2 x



7 *Adho Mukha Śvānāsana*
 2 x



8 *Bharadvājāsana*
 (in chair)
 2 x



9 *Śavāsana*
 5 minutes