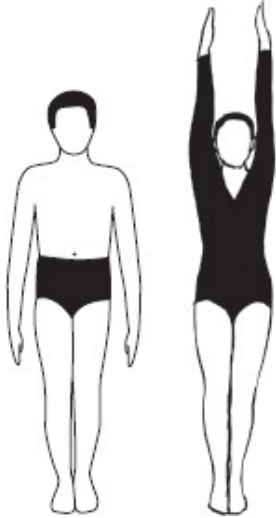
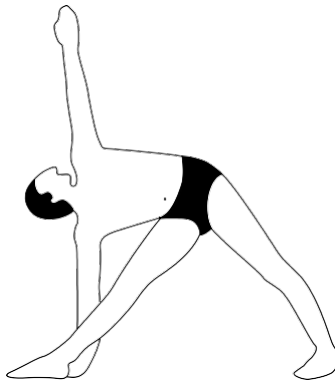


Practice Sequence

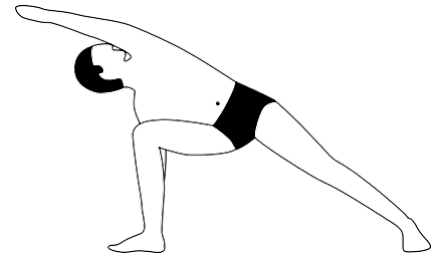
Level: 1 Sequence: 5 Asanas: 13



1. Tadasana to Urdhva Hastasana



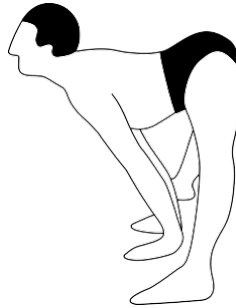
2. Utthita Trikonasana



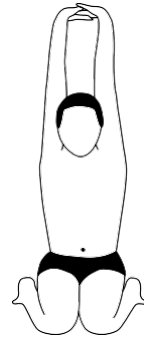
3. Utthita Parsvakonasana



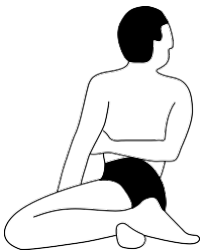
4. Virabhadrasana I



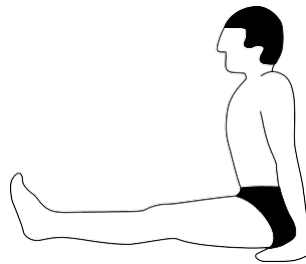
5. Prasarita Padottanasana



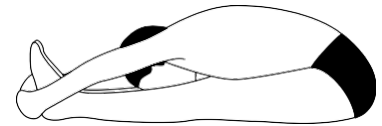
6. Parvatasana in Virasana



7. Bharadvajasana I



8. Dandasana



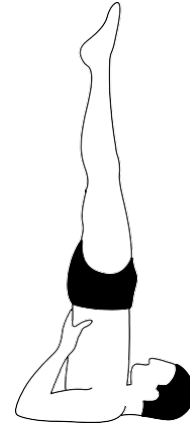
9. Pascimottanasana



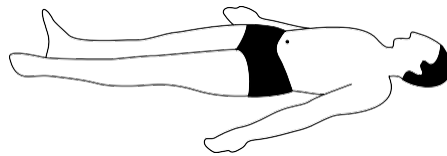
10. Baddha Konasana



11. Chatushpadasana



12. Salamba Sarvangasana



13. Savasana