

Practice Sequence

Level: 1 Continuing Sequence: 1 Asanas: 16



1. Supta Virasana



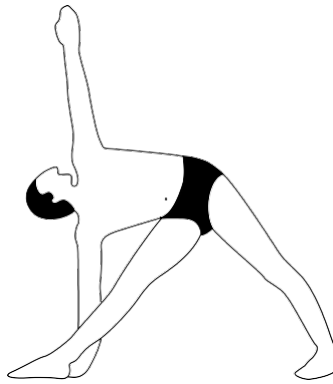
2. Adho Mukha Virasana
(put in Level I
sequences)



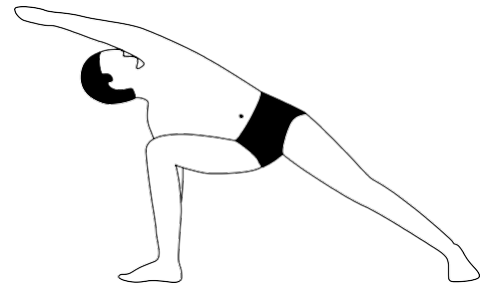
3. Adho Mukha Svanasana



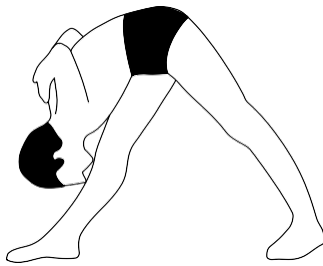
4. Urdhva
Baddhanguliyasana



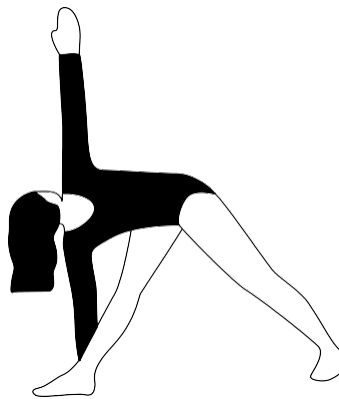
5. Utthita Trikonasana



6. Utthita Parsvakonasana



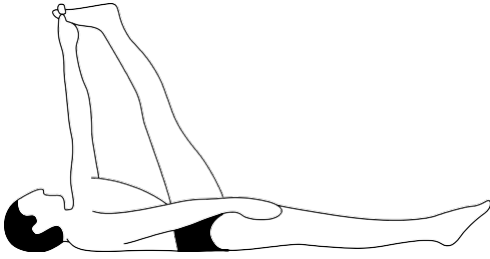
7. Parsvottanasana



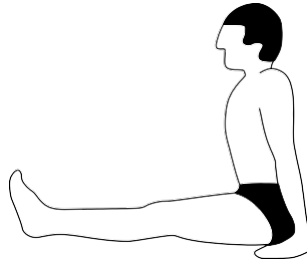
8. Parivrtta Trikonasana



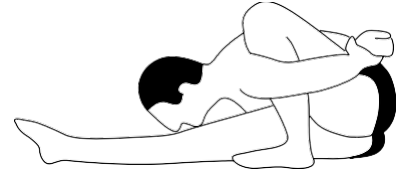
9. Uttanasana



10. Supta Padangusthasana
1, 2 (to the side), 3 (bent
knee; shin across chest)
Use strap if needed.



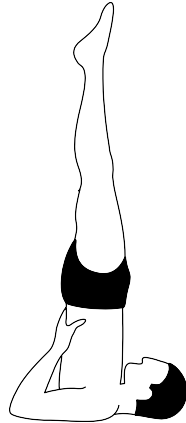
11. Dandasana



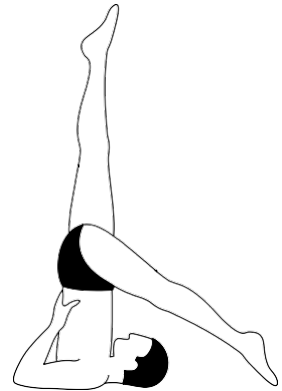
12. Marichyasana I



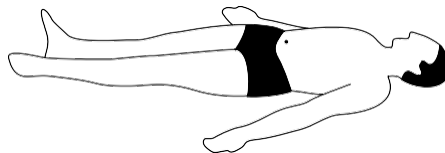
13. Paschimottasana



14. Salamba
Sarvangasana



15. Eka Pada Sarvangasana



16. Savasana