

# Practice Sequence

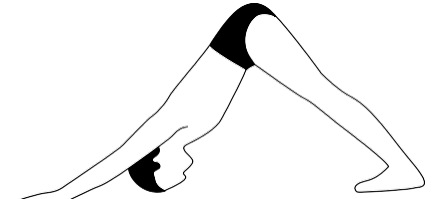
Level: 1 Continuing Sequence: 4 Asanas: 13



1. Supta Virasana



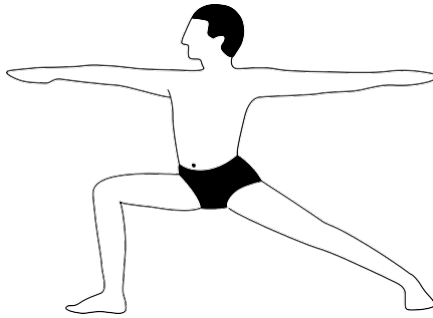
2. Adho Mukha Virasana



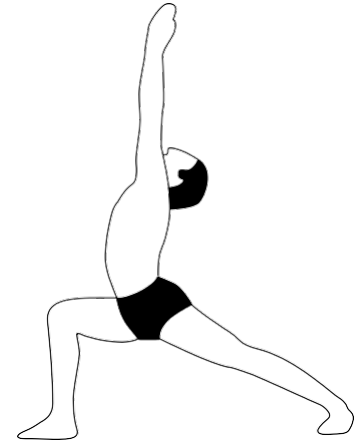
3. Adho Mukha Svanasana



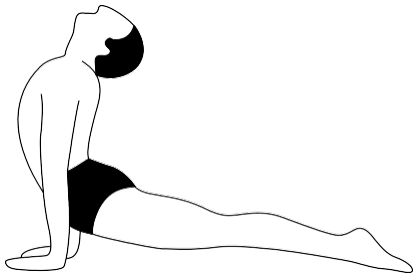
4. Urdhva  
Baddhanguliyasana



5. Virabhadrasana II



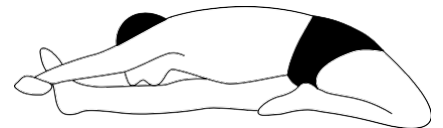
6. Virabhadrasana I



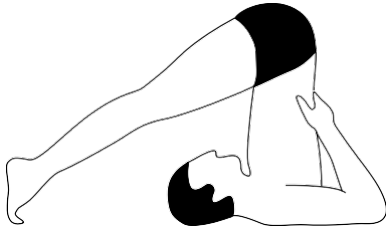
7. Urdhva Mukha Svanasana



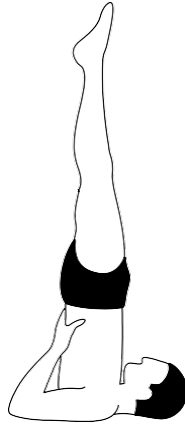
8. Ustrasana



9. Janu Sirsasana



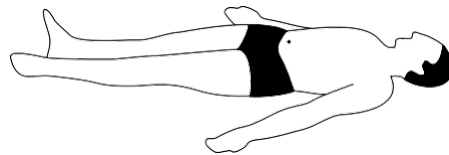
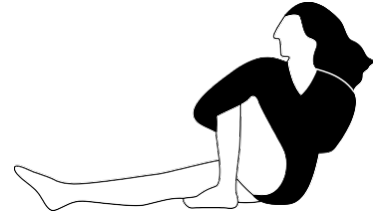
10. Halasana



11. Salamba  
Sarvangasana



12. Maricyasana III



13. Savasana