

Practice Sequence

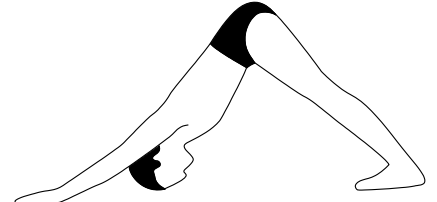
Level: 1 Continuing Sequence: 2 Asanas: 15



1. Supta Virasana



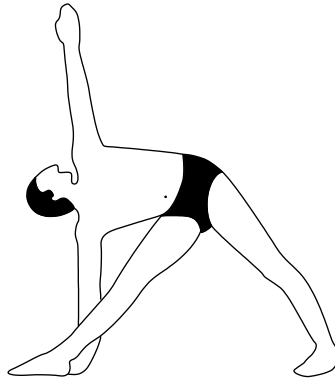
2. Adho Mukha Virasana



3. Adho Mukha Svanasana



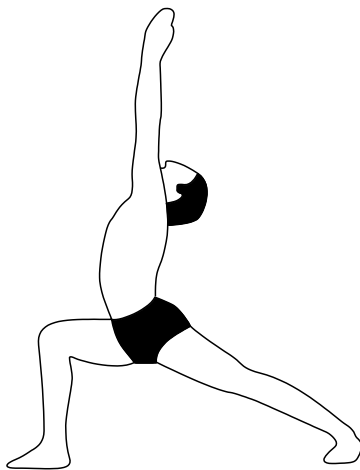
4. Urdhva
Baddhanguliyasana



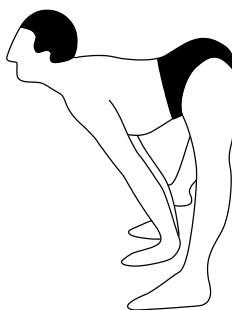
5. Utthita Trikonasana



6. Ardha Chandrasana



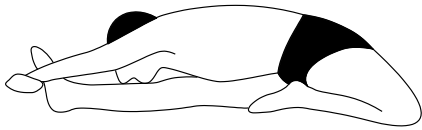
7. Virabhadrasana I



8. Prasarita Padottanasana



9. Baddha Konasana



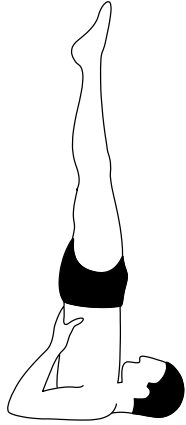
10. Janu Sirsasana



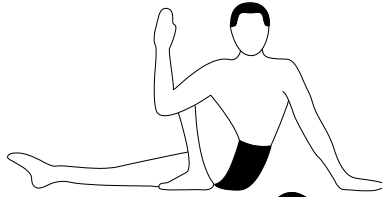
11. Paschimottanasana



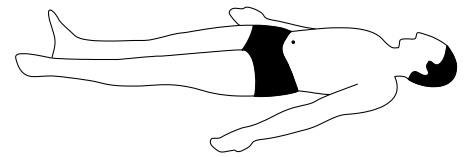
12. Chatushpadasana



13. Salamba Sarvangasana



14. Marichyasana III



15. Savasana