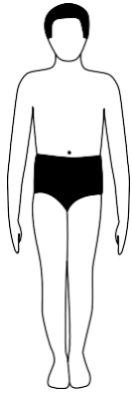


Practice Sequence

Level: 1 Sequence: 1 Asanas: 13



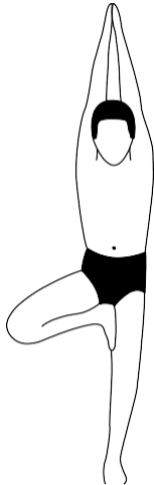
1. Tadasana



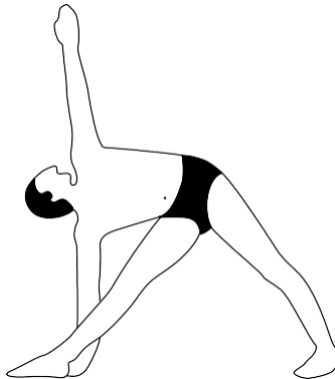
2. Urdhva Hastasana



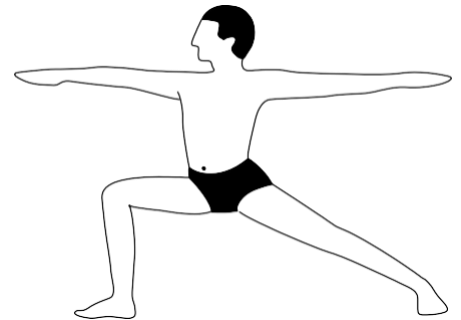
3. Urdva Baddhanguliyasana



4. Vrkasana



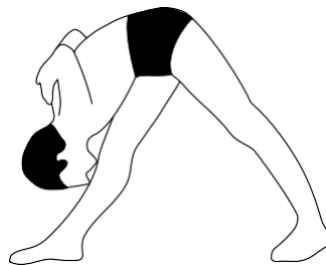
5. Utthita Trikonasana



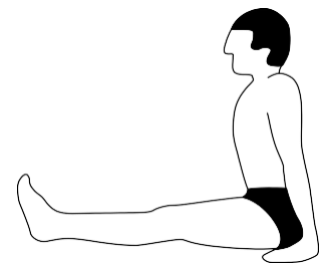
6. Virabhadrasana II



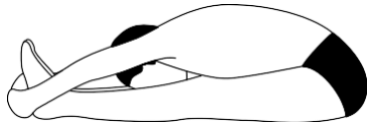
7. Ardha Uttanasana
(half Uttanasana; hands
on wall or table at
shoulder height.)



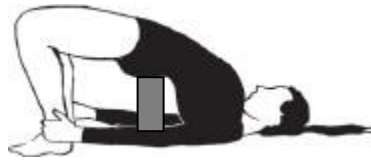
8. Parsvottanasana



9. Dandasana



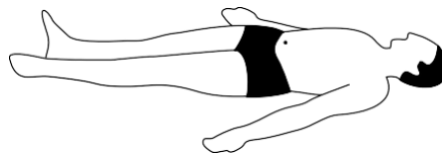
10. Paschimottasana



11. Chaturshradhasana /
Setu Bandha
(With block under sacrum)



12. Sukhasana with Twist
(Simple cross legs, twist,
change cross, and repeat
on other side.)



13. Savasana