

Practice Sequence

Level: 1 Sequence: 3 Asanas: 15



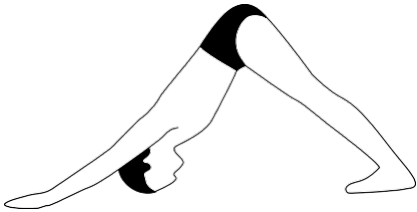
1. Sukasana



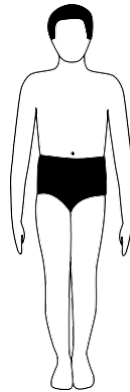
2. Sukasana Twist



3. Adho Mukha Virasana



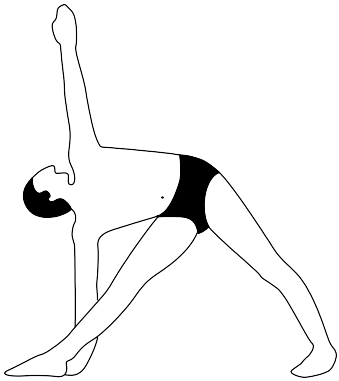
4. Adho Mukha Svanasana



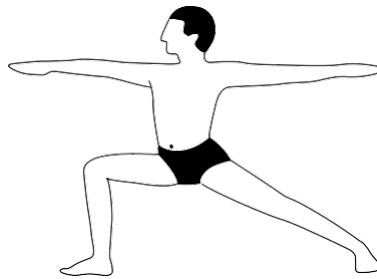
5. Tadasana



6. Vrksasana



7. Utthita Trikonasana



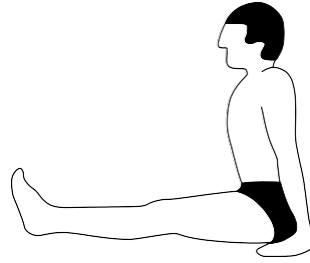
8. Virabhadrasana II



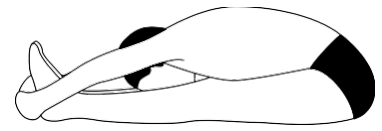
9. Parsvottanasana
to Chair
(hands on chair)



10. Bharadvajasana in chair



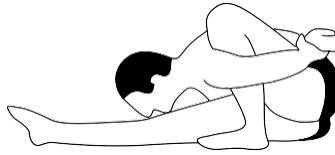
11. Dandasana



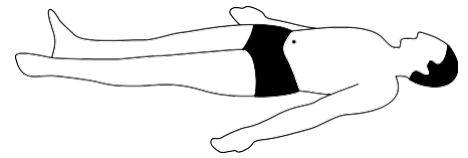
12. Pascimottanasana



13. Chatushpadasana



14. Marichyasana I
(as pictured or with twist)



15. Savasana