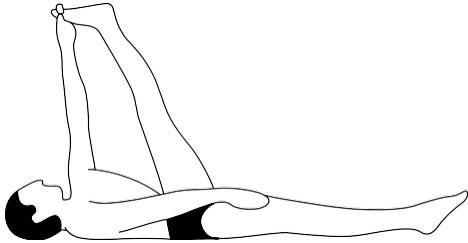
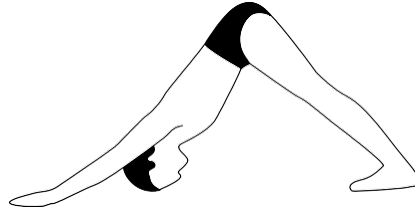


Practice Sequence

Level: 1 Sequence: 4 Asanas: 13



1. Supta Padangustasana 1 and 2 (to the side)
Use strap as needed.



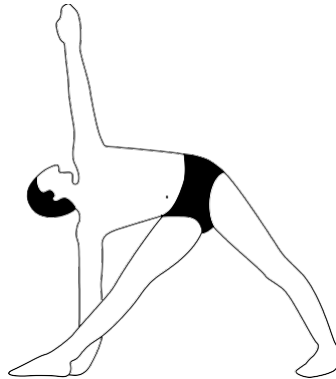
2. Adho Mukha Svanasana



3. Urdhva Baddhanguliyasana



4. Utkatasana



5. Utthita Trikonasana



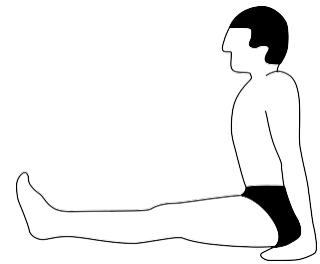
6. Virabhadrasana II



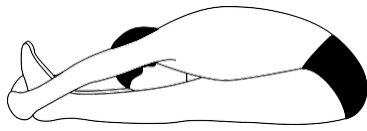
7. Virabhadrasana I



8. Uttanasana



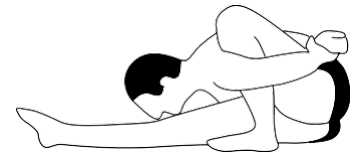
9. Dandasana



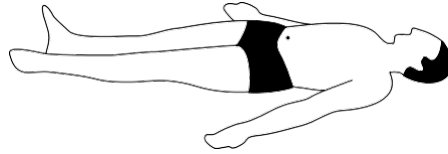
10. Pascimottanasana



11. Chatushpadasana



12. Marichyasana I
(as pictured or with
twist)



13. Savasana