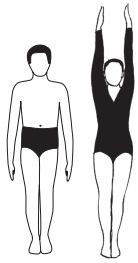
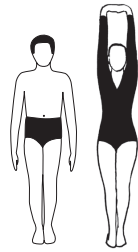


HOME PRACTICE SEQUENCE LEVEL I Sequence 1

(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



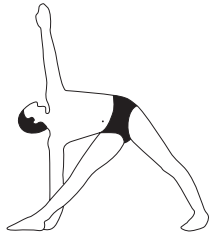
1 Tādāsana/Samasthiti to Ūrdhva Hastāsana
3 x



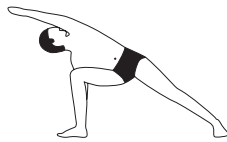
2 Tādāsana/Samasthiti to Ūrdhva Baddhāngulīyāsana (change interlock)
2 x



3 Vr̥kṣāsana
2 x each side



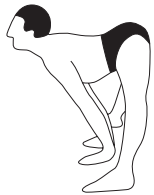
4 Utthita Trikoṇāsana
2 x each side



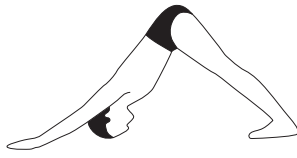
5 Utthita Pārśvakoṇāsana
2 x each side



6 Pārśvottānāsana (hands on hips; concave back)
2 x each side



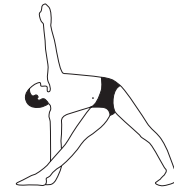
7 Prasārita Pādottānāsana (hands on floor, arms straight; concave back)
2 x



8 Adho Mukha Śvānāsana
2 x



9 Ūrdhva Prasārita Pādāsana (resting version: legs up wall, back flat on floor) stay quietly for 5 minutes



1 Utthita Trikoṇāsana
2 x each side



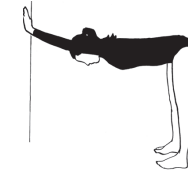
2 Vīrabhadrāsana II
2 x each side



5 Prasārita Pādottānāsana (hands on floor, arms straight; concave back)
2 x



6 Sukhāsana (simple cross legs; switch cross and twist to each side) 2 x



3 Ardha Uttānāsana (half Uttānāsana; hands on wall at shoulder height; concave back)
1 x



4 Pārśvottānāsana (concave back; hands on chair or blocks)
2 x



8 Vajrāsana (Ūrdhva Hasta & Parvatāsana in Vajrāsana) sit with blanket between calves and thighs



7 Baddha Koṇāsana (back supported against wall or couch) sit on support for several minutes



9 Adho Mukha Vīrāsana (knees apart; relax forward; then arms forward) 2 x



10 Pavanmuktāsana



11 Adho Mukha Śvānāsana
2 x



12 Supta Baddha Koṇāsana (with support under legs, back, and head)

HOME PRACTICE SEQUENCE LEVEL I Sequence 2

(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)

HOME PRACTICE SEQUENCE LEVEL I Sequence 3

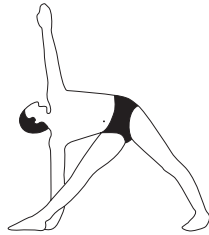
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



1 *Ūrdhva Hastāsana*
2 x



2 *Utkaṭāsana*
3 x



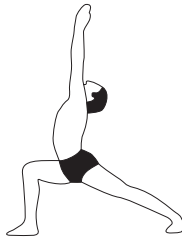
3 *Utthita Trikoṇāsana*
2 x each side



4 *Utthita Pārsvakoṇāsana*
2 x each side



5 *Vimānāsana*
2 x each side



6 *Vīrabhadrāsana I*
2 x each side



7 *Adho Mukha Śvānāsana*
2 x



8 *Catuṣpādāsana*
2 x



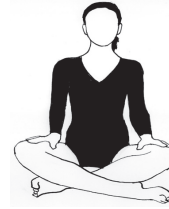
9 *Adho Mukha Vīrāsana*
(release the back)



10 *Śavāsana*
(legs resting on chair or support; 5 minutes)

HOME PRACTICE SEQUENCE LEVEL I Sequence 4

(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



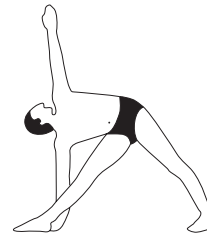
1 *Sukhāsana*
(change cross)
1 x



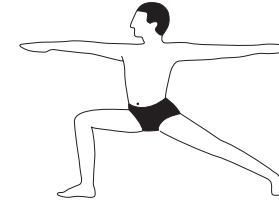
2 *Sukhāsana Twist*
(simple cross legs, twist, change cross, and repeat)
2 x



3 *Adho Mukha Vīrāsana*
(extend arms forward then change cross)



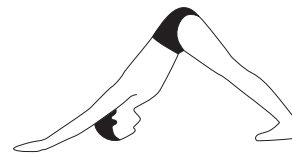
4 *Utthita Trikoṇāsana*
2 x each side



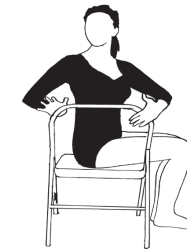
5 *Vīrabhadrāsana II*
2 x



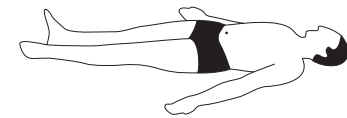
6 *Ardha Candrāsana*
(with or without wall)
2 x



7 *Adho Mukha Śvānāsana*
2 x



8 *Bharadvājāsana*
(in chair)
2 x



9 *Śavāsana*
5 minutes