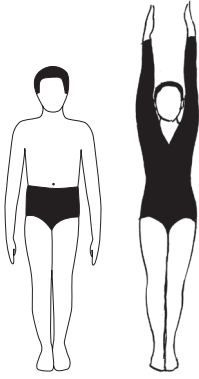
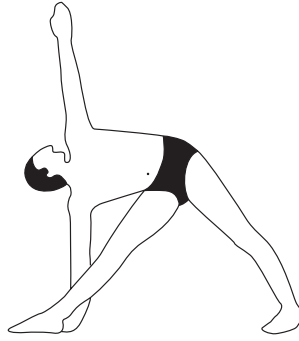




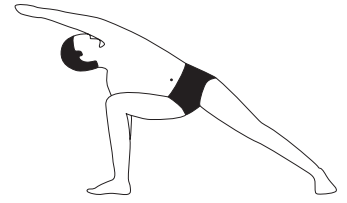
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



1 *Tāḍāsana/Samasthiti*
to *Ūrdhva Hastāsana*
2 x



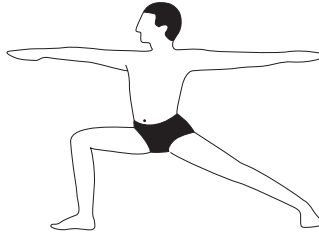
2 *Utthita Trikoṇāsana*
2 x



3 *Utthita Pārśvakoṇāsana*
2 x each side



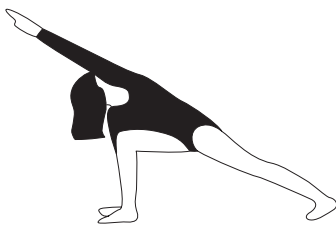
4 *Ardha Candrāsana*
2 x



5 *Vimānāsana*
2 x each side



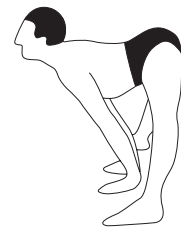
6 *Parivṛtta Trikoṇāsana*
2 x



7 *Parivṛtta Pārśvakoṇāsana*
2 x



8 *Uttānāsana*
1 x

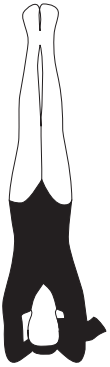


9 *Prasārita Pādottānāsana*
1 x



Sequence 1 (cont)

(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.)



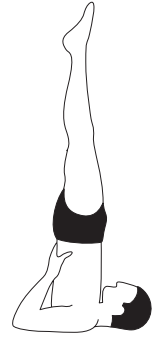
10 *Sālamba Śīrṣāsana*
1-5 minutes



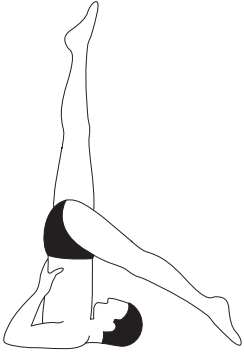
11 *Adho Mukha Vīrāsana*
(rest for 15 seconds)



12 *Catuṣpādāsana*
3 x



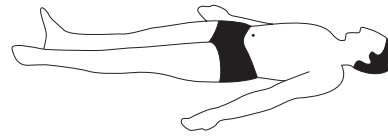
13 *Sālamba Sarvāṅgāsana*
3-8 minutes



14 *Eka Pāda Sarvāṅgāsana*
2 x



15 *Pārśva Halāsana*
2 x



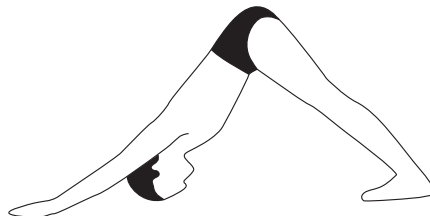
16 *Śavāsana*
5-10 minutes



(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.)



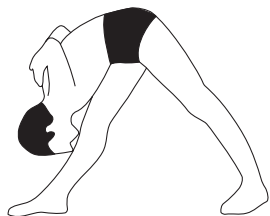
1 *Adho Mukha Vīrāsana*
30 secs. to 1 min.



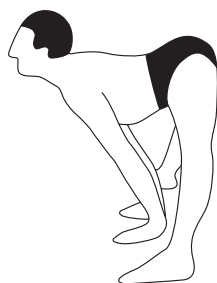
2 *Adho Mukha Śvānāsana*
1-3 minutes



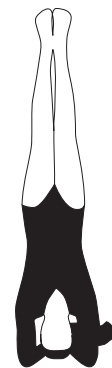
3 *Uttānāsana*
1-3 minutes



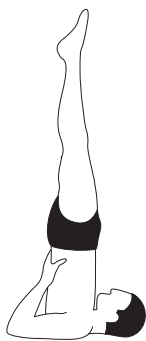
4 *Pāṛśvottānāsana*
2 x



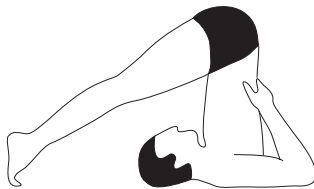
5 *Prasārita Pādottānāsana*
1 x



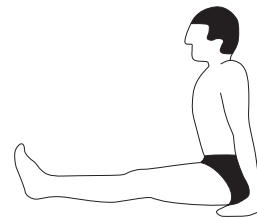
6 *Sālamba Śīrṣāsana*
(optional)
1-5 minutes



7 *Sālamba Sarvāṅgāsana*
3-8 minutes



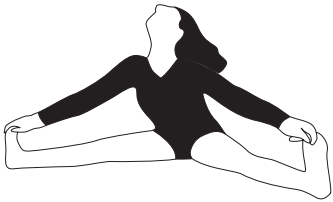
8 *Halāsana*
1-3 minutes



9 *Daṇḍāsana*
1-3 minutes



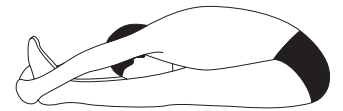
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



10 *Upaviṣṭa Koṅāsana*
1-3 minutes



11 *Pārśva Upaviṣṭa Koṅāsana*
(upright twist)
1 minute



12 *Paścimottānāsana*
1-3 minutes



13 *Baddha Koṅāsana*
1-3 minutes



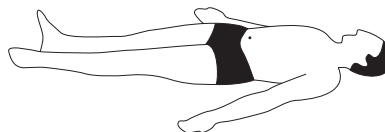
14 *Jānu Śīrṣāsana*
2 x



15 *Pavanmuktāsana*
1 x



16 *Catuṣpādāsana*
2 x



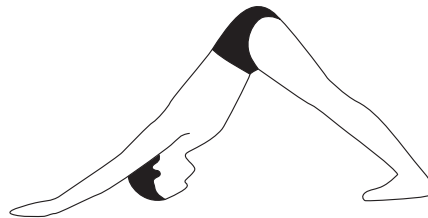
17 *Śavāsana*
(with support under knees)



(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 *Adho Mukha Virāsana*
30 secs. to 1 min.



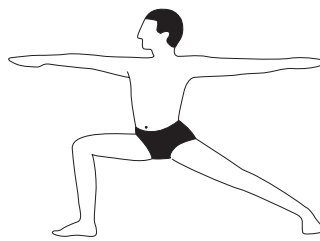
2 *Adho Mukha Śvānāsana*
1-3 minutes



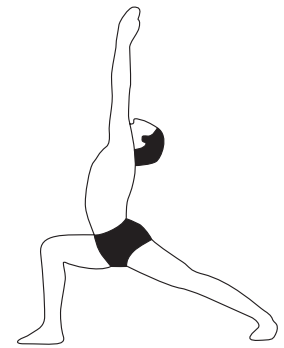
3 *Ūrdhva Hastāsana*
2 x



4 *Ūrdhva Baddhāṅgulīyāsana*
2 x



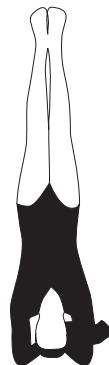
5 *Vīrabhadrāsana II*
2 x



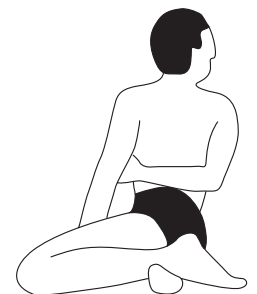
6 *Vīrabhadrāsana I*
2 x



7 *Adho Mukha Śvānāsana*
1 minute



8 *Sālamba Śīrāsana*
3-5 minutes



9 *Bharadvājāsana*
4 x



(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.)



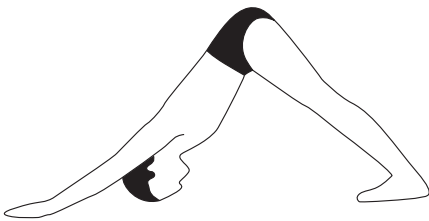
10 *Ūrdhva Mukha Śvānāsana*
(on chair)
6 x



11 *Dvi Pāda Viparīta Daṇḍāsana*
(on chair)
2 x



12 *Uṣṭrāsana*
3 x



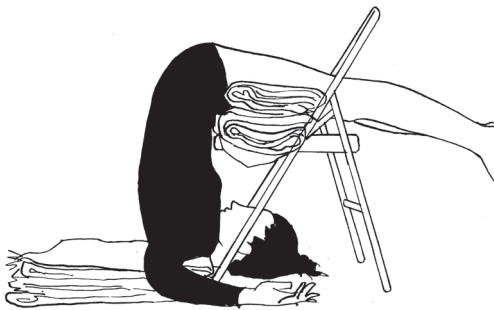
13 *Adho Mukha Śvānāsana*
(hands to wall)
1 minute



14 *Uttānāsana*
(resting)
1 minute



15 *Pārśva Uttānāsana*
3 x



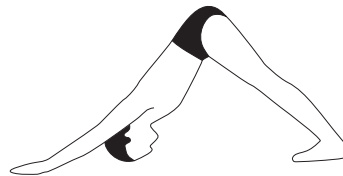
16 *Ardha Halāsana*
(legs resting on chair)
3-5 minutes



(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.)



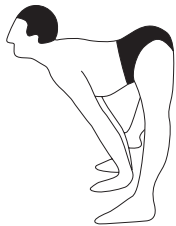
1 *Adho Mukha Vīrāsana*
(head supported/resting)
1-3 minutes



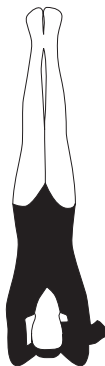
2 *Adho Mukha Śvānāsana*
(head supported/resting)
1-3 minutes



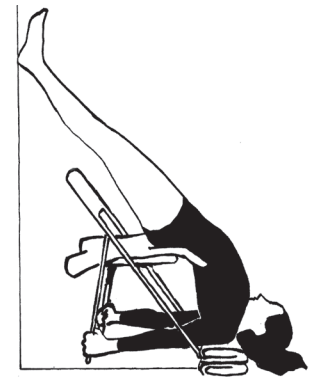
3 *Uttānāsana*
1 x



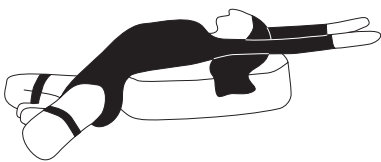
4 *Prasārita Pādottānāsana*
(head supported on floor or block)
1-3 minutes



5 *Sālamba Śīrṣāsana*
1-5 minutes



6 *Chair Sarvāṅgāsana or Setu Bandha* (over bolster)
1-3 minutes



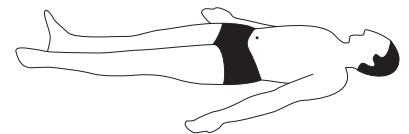
7 *Supta Baddha Koṅāsana*
(supported)
5-8 minutes



8 *Supta Vīrāsana*
(supported)
5-8 minutes or as long as comfortable



9 *Paścimottānāsana*
(head supported)
1-3 minutes



10 *Śavāsana*
5-10 minutes or as time permits