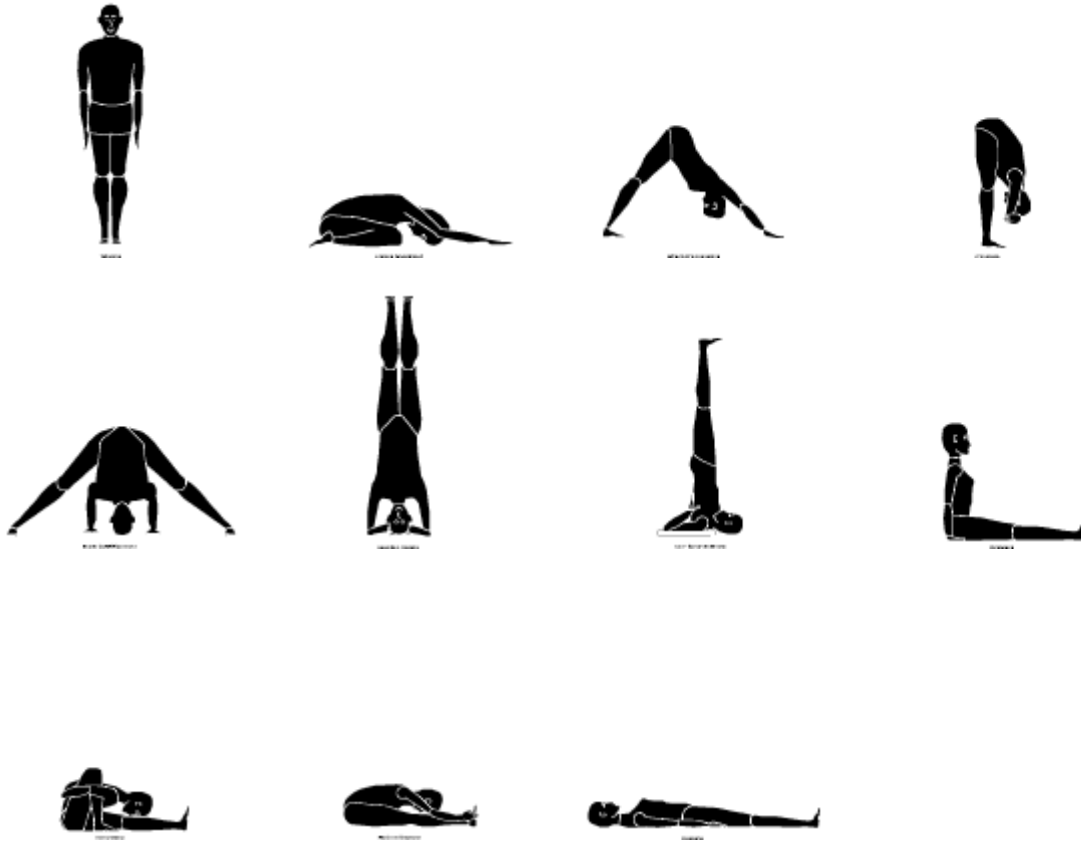


An inversion practice.



- 1) Tadasana with shoulder poses before the inversions (urdhva hastasana, urdhva baddanguliasana (interlocked hands), gomukhasana)
- 1) Adhomukha virasana
- 2) Adhomukha svanasana
- 3) Uttanasana
- 4) Prasarita Padottanasana
- 5) Sirsasana- at wall **OR** Prasarita Padottanasna
- 6) Salamba Sarvangasana- 4 foam blocks with blankets and a strap
- 7) Dandasana
- 8) Marichyasana I forward bend
- 9) Paschimottasana
- 10) Savasana

\* Only practice headstand if you are currently doing this in class. *Do not practice this sequence if you are menstruating.*

**Props Needed:** 2 wooden blocks, shoulder stand platform/4 foam blocks or 4 blankets and a strap.

**Resources:** Yoga the Iyengar Way, Silva and Mira Mehta; A Woman's Guide to Yoga (Bobby Clennell),

