



- 1) Tadasana, Urdhva Hastasana in Tadasana
- 2) Utthita Trikonasana
- 3) Virahbhadrasana II
- 4) Utthita Parsvakonasana
- 5) Adhomukha Svanasana
- 6) Virasana
- 7) Bharadvajasana
- 8) Paschimottasana
- 9) Viparita Karani (legs up the wall with (bolster/block) or without support)

** Please note if you are menstruating omit pose #9, Viparita Karani and proceed straight to #10, Savasana.

10) Savasana I - support your head as needed with a blanket in Savasana.

The Practice:

This practice will take 10 to 20 minutes depending on how many repetitions or how long you hold the poses. When practicing alternate between 2-3 quick repetitions per side/per pose and at other times count 5-10 breaths (inhalations and exhalations) per side for a longer hold.

Props needed: 2 wooden blocks for the standing poses, a strap for # 8. A bolster, blankets or block for pose #9.

