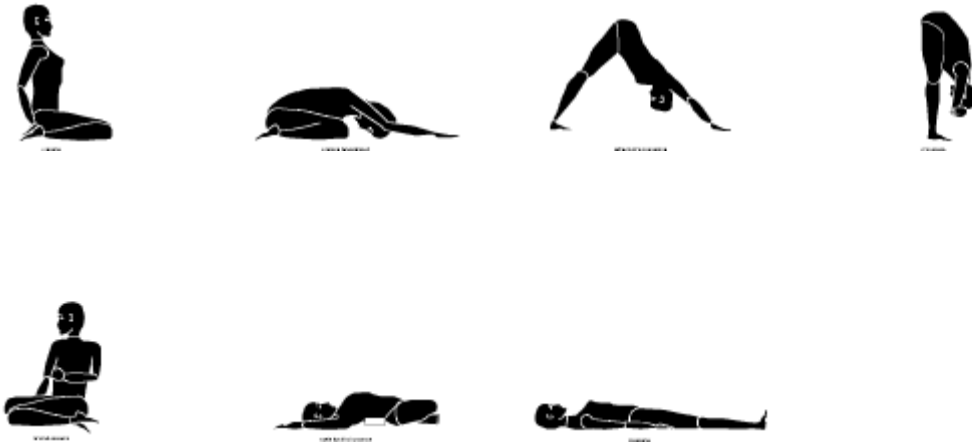


A short practice sequence.



- 1) Virasana – add in shoulder poses here, urdhva hastasana, urdhva baddanguliasana (interlocked hands), gomukhasana
- 2) Adhomukha virasana
- 3) Adhomukha svanasana- try hands at the wall, heels at the wall and classically
- 4) Uttanasana- change cross of the arms
- 5) Bharadvajasana twist (can be done on a chair)
- 6) Chatushpadasana-bridge pose (not shown here)
- 7) Supta baddha konasana –with bolster vertical behind torso
- 8) Savasana

For a shorter practice do as is. For a longer practice, try doing poses 1 through 4 and then reversing the order from 4 to 1 (add in extra repetitions,) then finish with 5 through 8.

Please ask your teacher if you have any questions.

Props needed:

1 Chair or 2 foam blocks for the twist, a bolster and some blankets or 2 wooden blocks for supta baddha konasana.