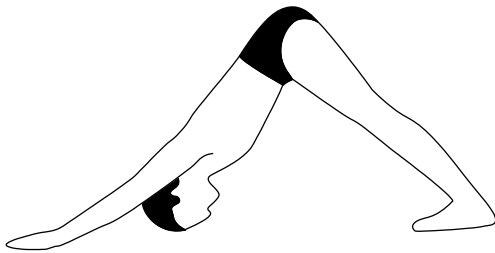




Practice Sequence

Level: 1 Continuing Sequence: 3 Asanas: 14



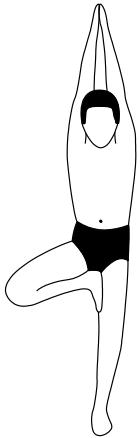
1. Adho Mukha Svanasana



2. Uttanasana



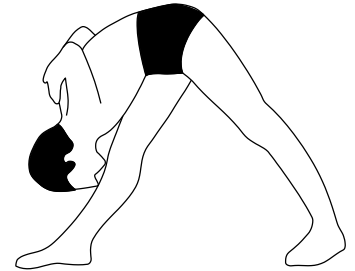
3. Urdhva Hastasana



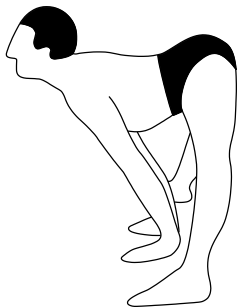
4. Vrksasana



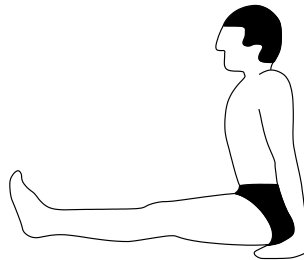
5. Utkatasana



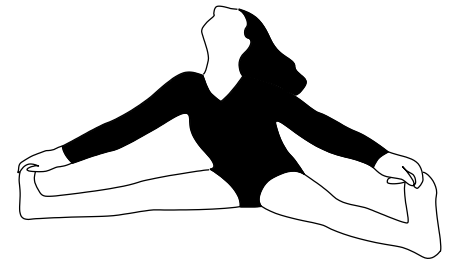
6. Parsvottanasana



7. Prasarita Padottanasana



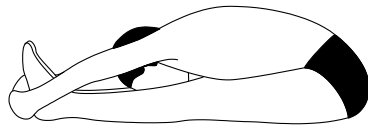
8. Dandasana



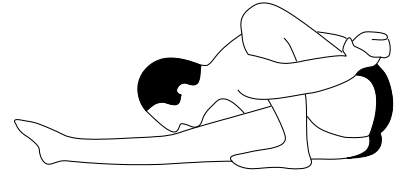
9. Upavistha Konasana



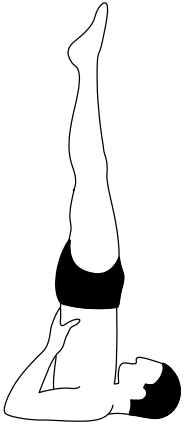
10. Parsva Upavistha
Konasana



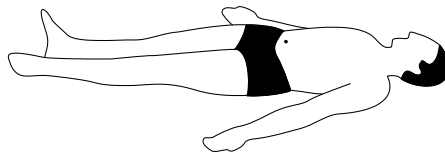
11. Paschimottanasana



12. Maricyasana I



13. Salamba Sarvangasana



14. Savasana