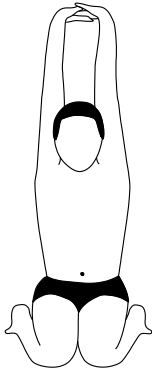




Practice Sequence

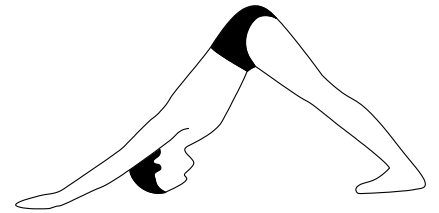
Level: 1 Sequence: 2 Asanas: 14



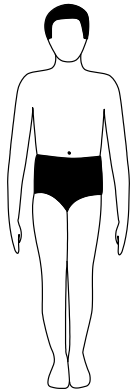
1. Parvatasana in Virasana



2. Adho Mukha Virasana



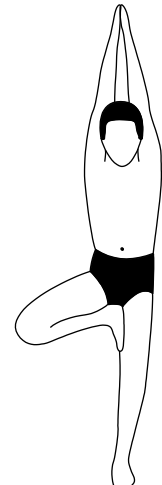
3. Adho Mukha Svanasana



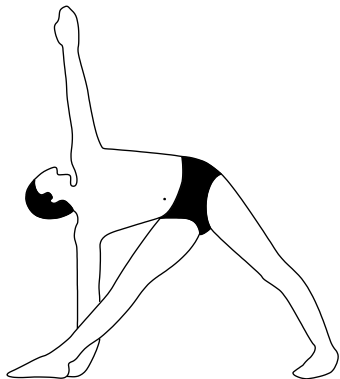
4. Tadasana



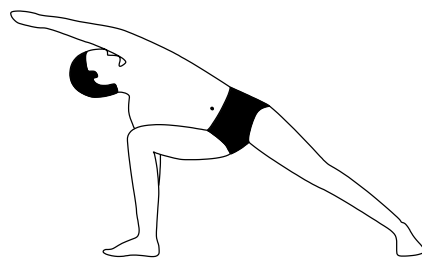
5. Urdhva Hastasana



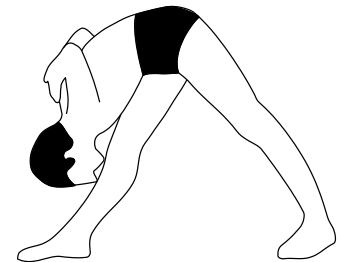
6. Vrksasana



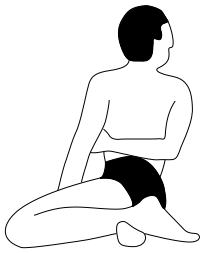
7. Utthita Trikonasana



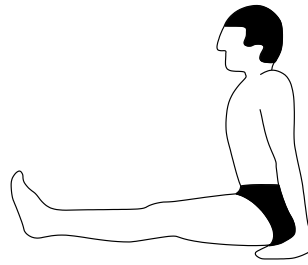
8. Utthita Parsvakonasana



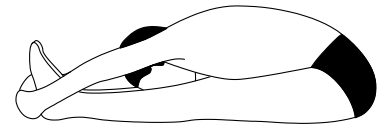
9. Parsvottanasana



10. Bharadvajasana I



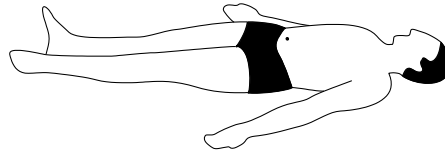
11. Dandasana



12. Pascimottanasana



13. Chatushpadasana /
Setu Bandha
(With block under sacrum)



14. Savasana