

Practice Sequence

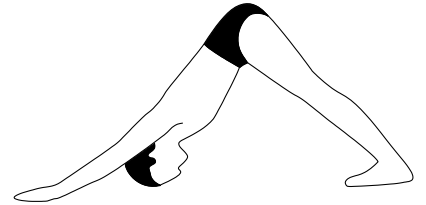
Level: 1 Continuing Sequence: 5 Asanas: 9



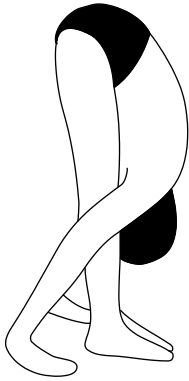
1. Supta Virasana



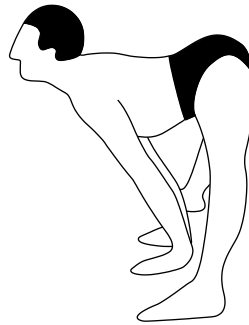
2. Adho Mukha Virasana



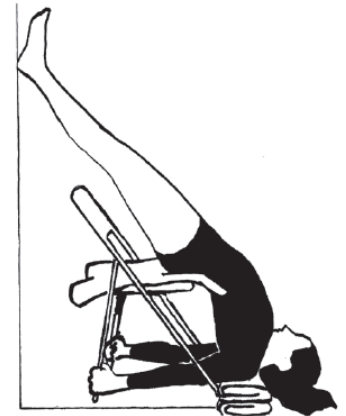
3. Adho Mukha Svanasana



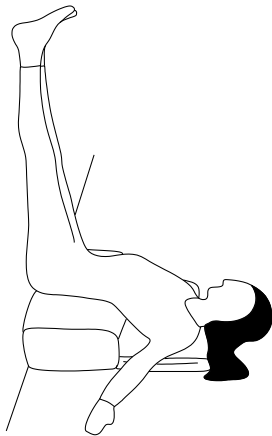
4. Uttanasana



5. Prasarita Padottanasana



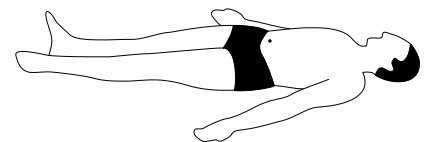
6. Chair Sarvangasana



7. Viparita Karani



8. Supta Baddha
Konasana



9. Savasana