

Practice Sequence

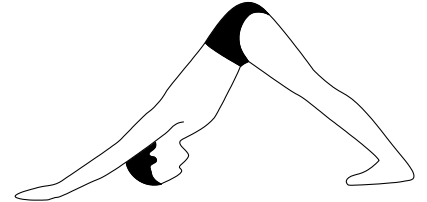
Level: 2 Sequence: 3 Asanas: 15



1. Supta Virasana



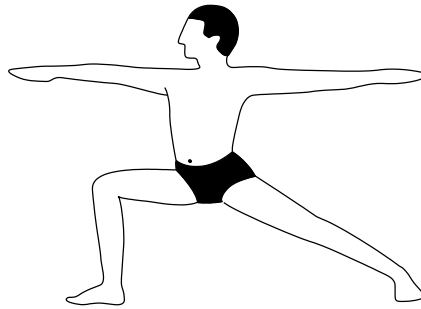
2. Adho Mukha Virasana



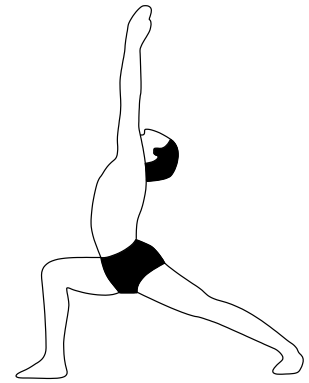
3. Adho Mukha Svanasana



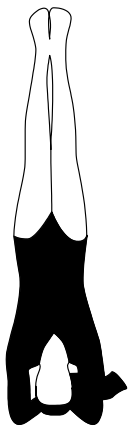
4. Urdhva
Baddhanguliyasana



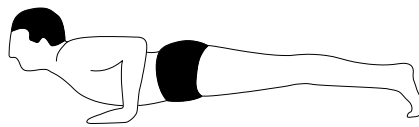
5. Virabhadrasana II



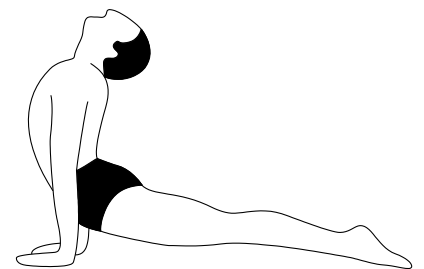
6. Virabhadrasana I



7. Salamba Sirsanana



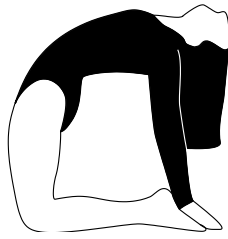
8. Chaturanga Dandasana



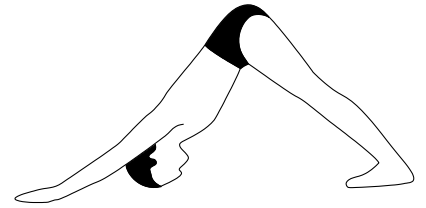
9. Urdhva Mukha
Svanasana



10. Dvi Pada Viparita Dandasana



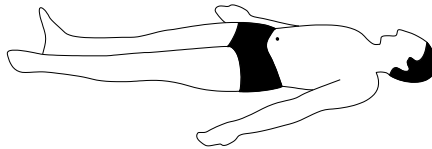
11. Ustrasana



12. Adho Mukha Svanasana



13. Ardha Halasana
(legs resting on support)



14. Savasana