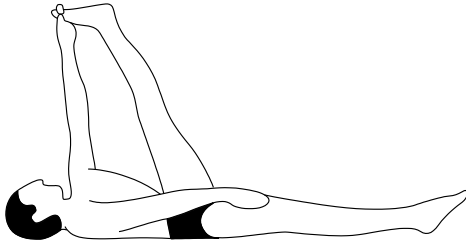


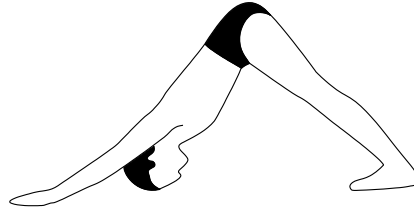


Practice Sequence

Level: 1 Sequence: 4 Asanas: 13



1. Supta Padangustasana 1 and 2 (to the side)
Use strap as needed.



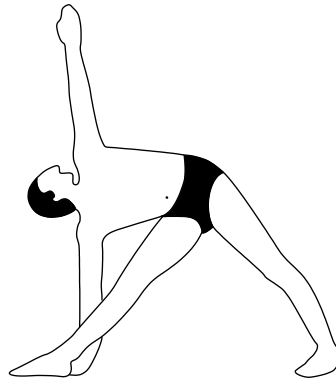
2. Adho Mukha Svanasana



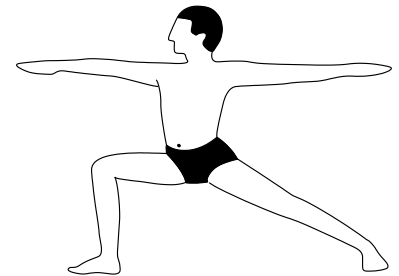
3. Urdhva Baddhanguliyasana



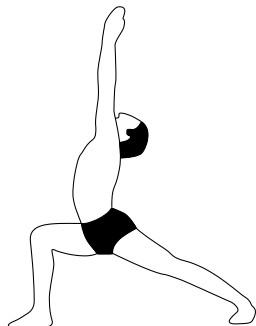
4. Utkatasnana



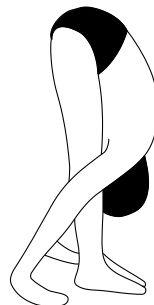
5. Utthita Trikonasana



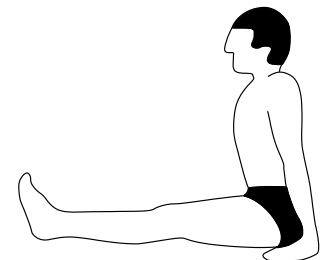
6. Virabhadrasana II



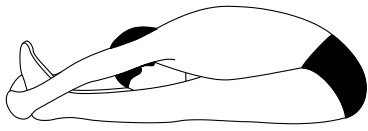
7. Virabhadrasana I



8. Uttanasana



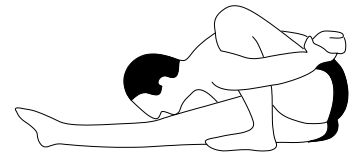
9. Dandasana



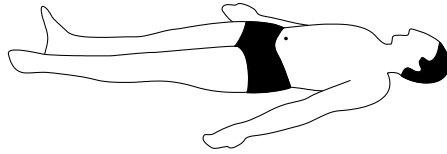
10. Paschimottasana



11. Chaturshrdhasana



12. Marichyasana I
(as pictured or with
twist)



13. Savasana