



# Practice Sequence

Level: 1 Sequence: 3 Asanas: 15



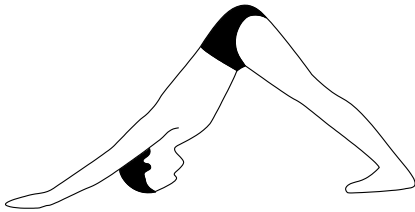
1. Sukasana



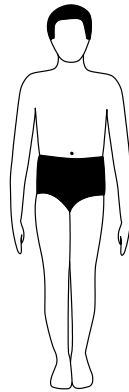
2. Sukasana Twist



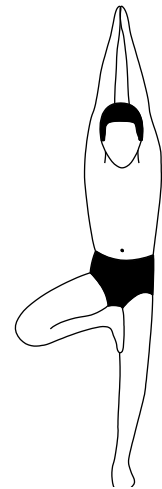
3. Adho Mukha Virasana



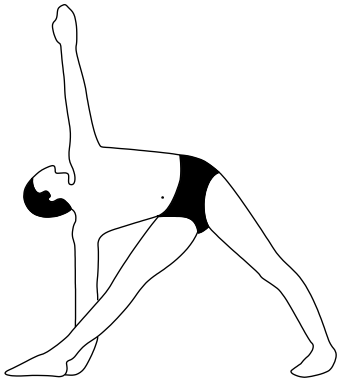
4. Adho Mukha Svanasana



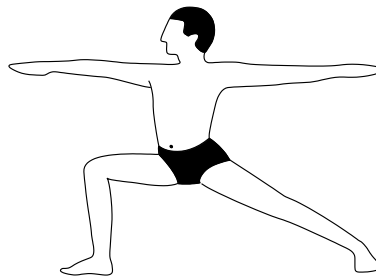
5. Tadasana



6. Vrksasana



7. Utthita Trikonasana



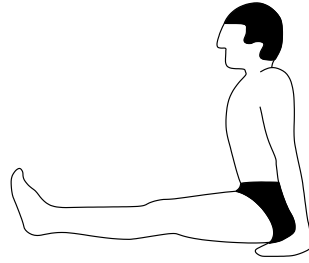
8. Virabhadrasana II



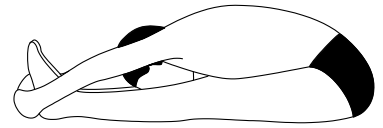
9. Parsvottanasana  
to Chair  
(hands on chair)



10. Bharadvajasana in chair



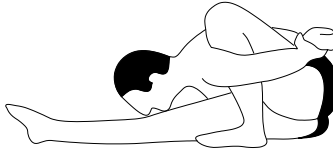
11. Dandasana



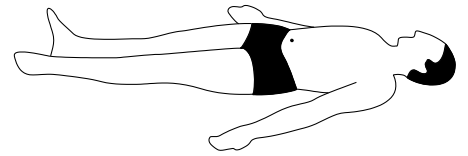
12. Pascimottasana



13. Chatushpadasana



14. Marichyasana I  
(as pictured or with twist)



15. Savasana