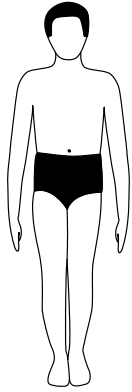




# Practice Sequence 1



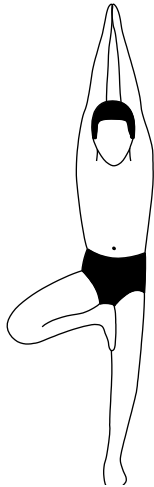
1. Tadasana



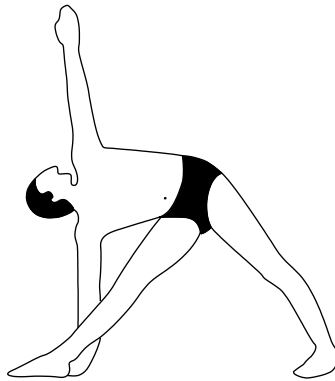
2. Urdhva Hastasana



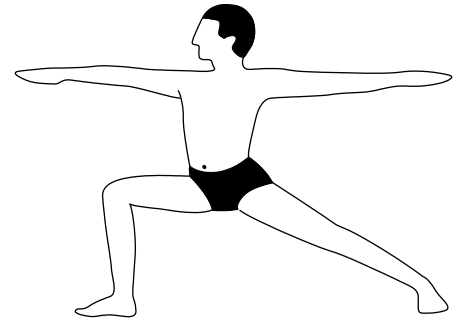
3. Urdva Baddhanguliyasana



4. Vrkasana



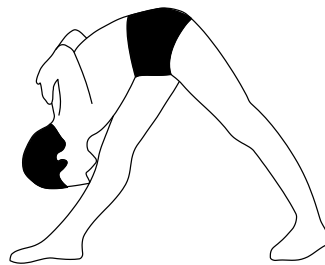
5. Utthita Trikonasana



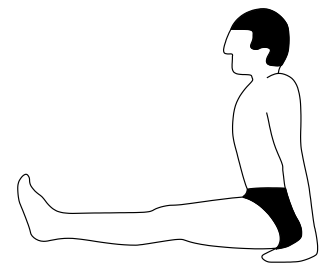
6. Virabhadrasana II



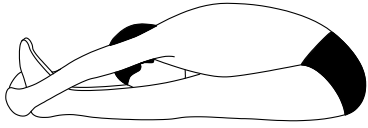
7. Ardha Uttanasana  
(half Uttanasana; hands  
on wall or table at  
shoulder height.)



8. Parsvottanasana



9. Dandasana



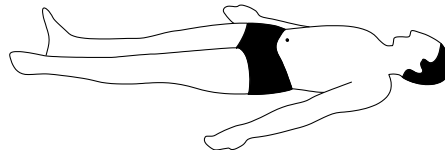
10. Paschimottasana



11. Chaturshrdhasana /  
Setu Bandha  
(With block under sacrum)



12. Sukhasana with Twist  
(Simple cross legs, twist,  
change cross, and repeat  
on other side.)



13. Savasana