



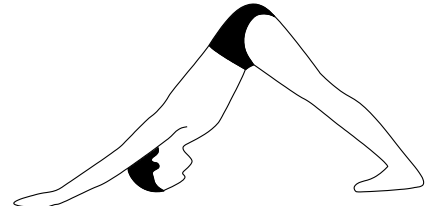
## Practice Sequence 10



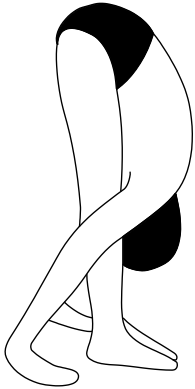
1. Supta Virasana



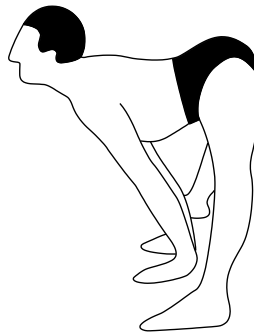
2. Adho Mukha Virasana



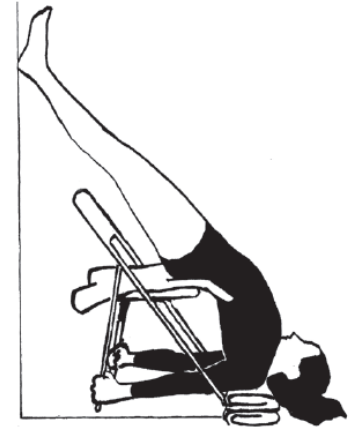
3. Adho Mukha Svanasana



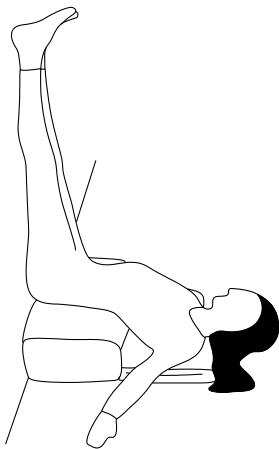
4. Uttanasana



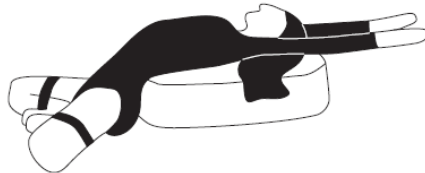
5. Prasarita Padottanasana



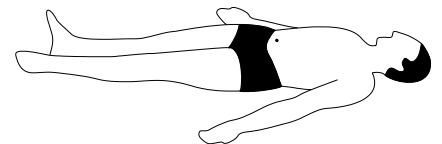
6. Chair Sarvangasana



7. Viparita Karani



8. Supta Baddha  
Konasana



9. Savasana