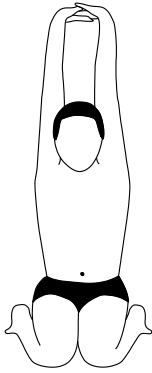




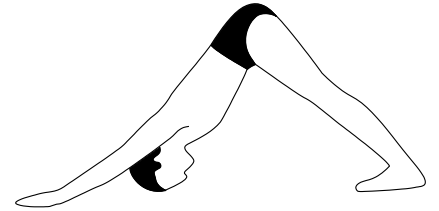
## Practice Sequence 2



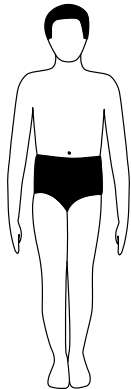
1. Parvatasana in Virasana



2. Adho Mukha Virasana



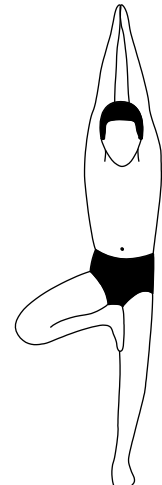
3. Adho Mukha Svanasana



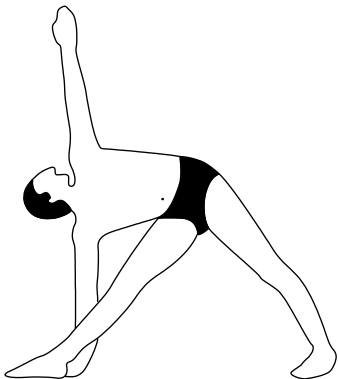
4. Tadasana



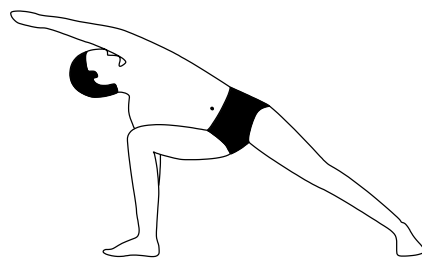
5. Urdhva Hastasana



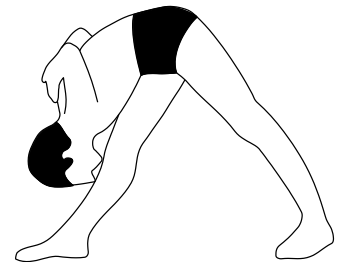
6. Vrksasana



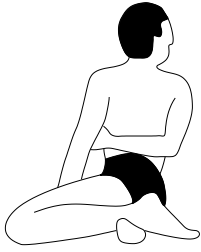
7. Utthita Trikonasana



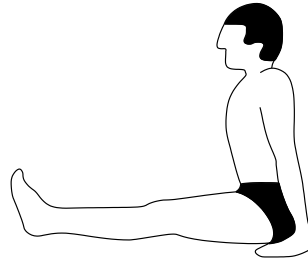
8. Utthita Parsvakonasana



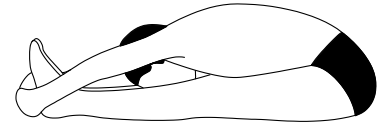
9. Parsvottanasana



10. Bharadvajasana I



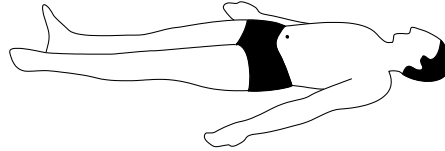
11. Dandasana



12. Pascimottasana



13. Chatushpadasana /  
Setu Bandha  
(With block under sacrum)



14. Savasana