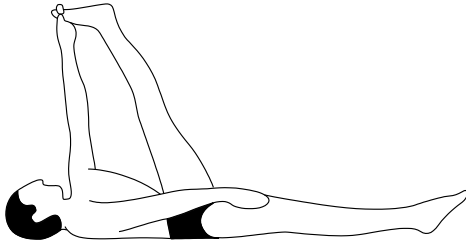
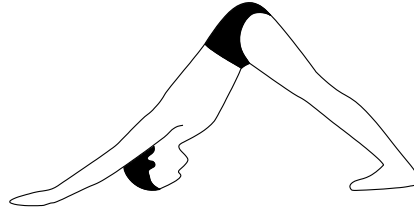




## Practice Sequence 4



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



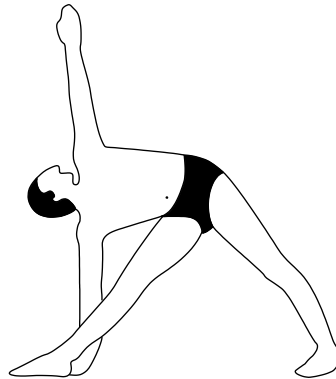
2. Adho Mukha Svanasana



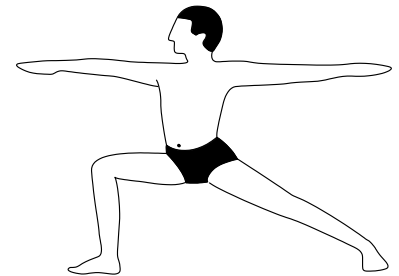
3. Urdhva  
Baddhanguliyasana



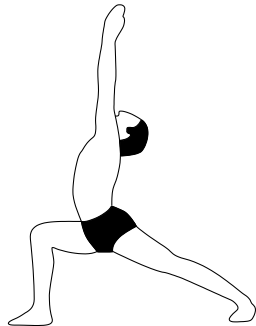
4. Utkatasana



5. Utthita Trikonasana



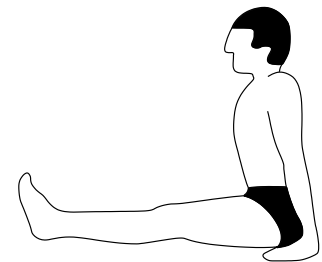
6. Virabhadrasana II



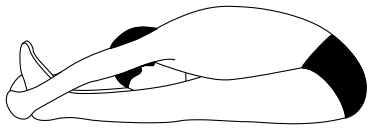
7. Virabhadrasana I



8. Uttanasana



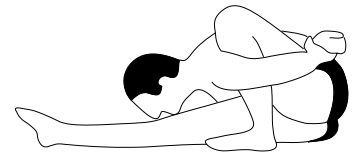
9. Dandasana



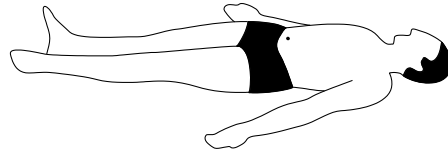
10. Paschimottasana



11. Chaturshrdhasana



12. Marichyasana I  
(as pictured or with  
twist)



13. Savasana