



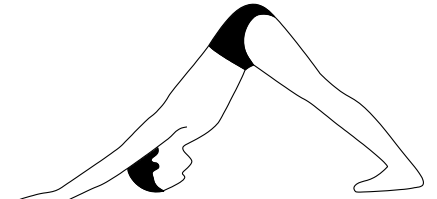
## Practice Sequence 6



1. Supta Virasana



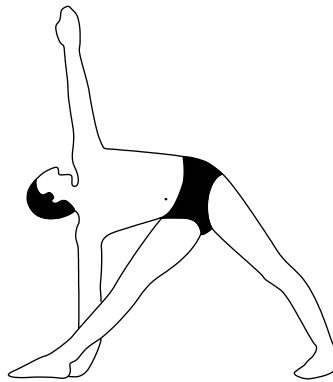
2. Adho Mukha Virasana  
(put in Level I  
sequences)



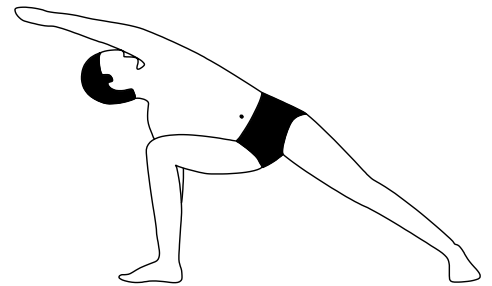
3. Adho Mukha Svanasana



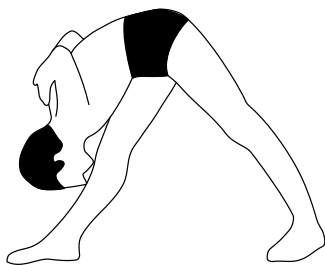
4. Urdhva  
Baddhanguliyasana



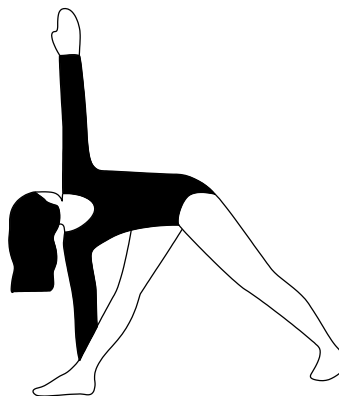
5. Utthita Trikonasana



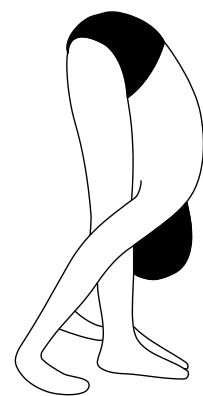
6. Utthita Parsvakonasana



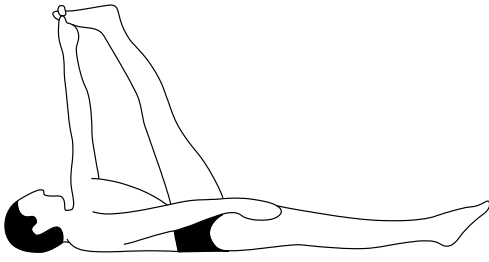
7. Parsvottanasana



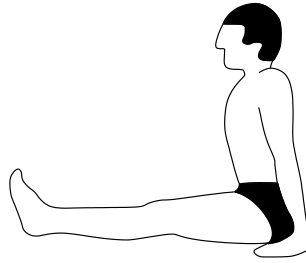
8. Parivrtta Trikonasana



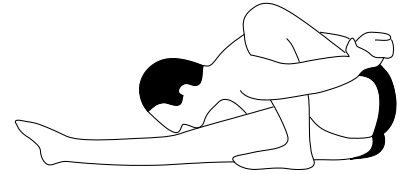
9. Uttanasana



10. Supta Padangusthasana  
1, 2 (to the side), 3 (bent  
knee; shin across chest)  
*Use strap if needed.*



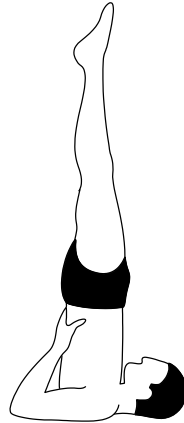
11. Dandasana



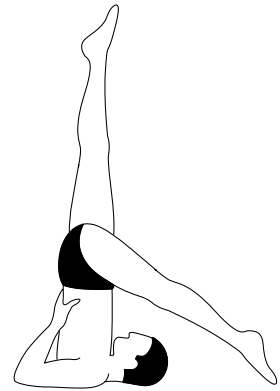
12. Marichyasana I



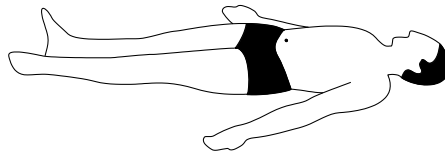
13. Paschimottasana



14. Salamba  
Sarvangasana



15. Eka Pada Sarvangasana



16. Savasana