



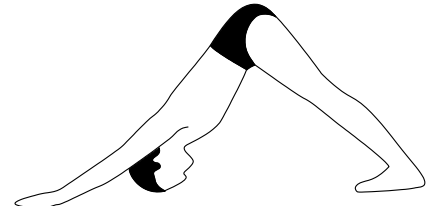
# Practice Sequence 7



1. Supta Virasana



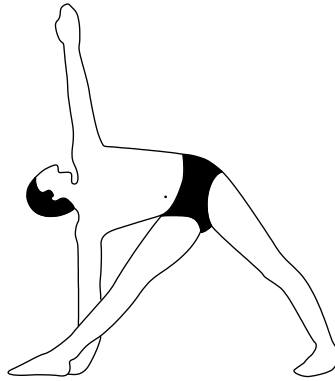
2. Adho Mukha Virasana



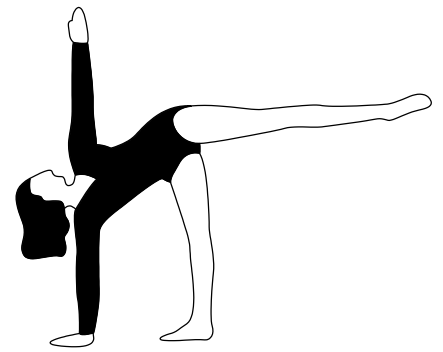
3. Adho Mukha Svanasana



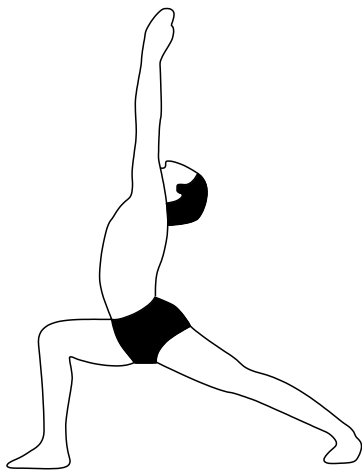
4. Urdhva  
Baddhanguliyasana



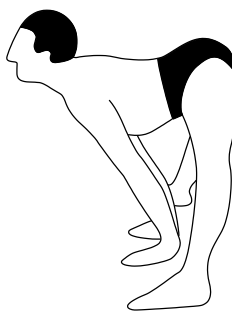
5. Utthita Trikonasana



6. Ardha Chandrasana



7. Virabhadrasana I



8. Prasarita Padottanasana



9. Baddha Konasana



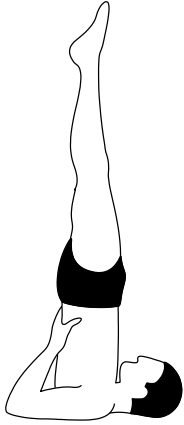
10. Janu Sirsasana



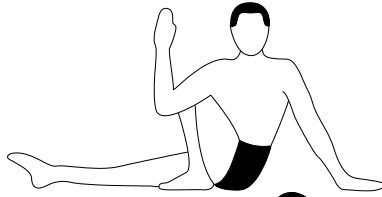
11. Paschimottanasana



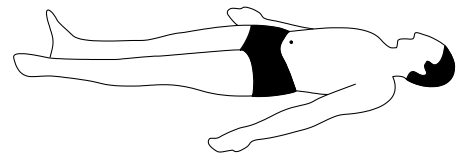
12. Chatushpadasana



13. Salamba Sarvangasana



14. Marichyasana III



15. Savasana