HOME PRACTICE SEQUENCE
LEVEL I
Sequence 1

(Wherever the time is not given, the pose should be done according to one’s capacity and time at one’s disposal. Repetitions are recommended over timings to avoid strain.)

1. Tādāsana/Samasthiti to Ďrdhva Hastāsana
   3 x

2. Tādāsana/Samasthiti to Ďrdhva Baddhāṅguliyāsana
   (change interlock)
   2 x

3. Vṛksāsana
   2 x each side

4. Utthita Trikoṇāsana
   2 x each side

5. Utthita Pārśvakoṇāsana
   2 x each side

6. Pārśvottānāsana
   (hands on hips; concave back)
   2 x each side

7. Prasārita Pādottānāsana
   (hands on floor, arms straight; concave back)
   2 x

8. Adho Mukha Śvānāsana
   2 x

9. Ďrdhva Prasārita Pādāsana
   (resting version: legs up wall, back flat on floor)
   stay quietly for 5 minutes

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1. **Utthita Trikonāsana**
   2 x each side

2. **Virabhadrasana II**
   2 x each side

3. **Ardha Uttānāsana**
   (half Uttānāsana; hands on wall at shoulder height; concave back)
   1 x

4. **Pārvottānāsana**
   (concave back; hands on chair or blocks)
   2 x

5. **Pārasārita Pādottānāsana**
   (hands on floor, arms straight; concave back)
   2 x

6. **Sukhāsana**
   (simple cross legs; switch cross and twist to each side)
   2 x

7. **Baddha Koṇāsana**
   (back supported against wall or couch)
   sit on support for several mintues

8. **Vajrāsana** (Urdhva Hasta & Parvatāsana in Vajrāsana)
   sit with blanket between calves and thighs

9. **Adho Mukha Vīrāsana**
   (knees apart; relax forward; then arms forward)
   2 x

10. **Pavanmuktāsana**

11. **Adho Mukha Svānāsana**
   2 x

12. **Supta Baddha Koṇāsana**
   (with support under legs, back, and head)

(Wherever the time is not given, the pose should be done according to one’s capacity and time at one’s disposal. Repetitions are recommended over timings to avoid strain.)
HOME PRACTICE SEQUENCE
LEVEL I
Sequence 3

(Wherever the time is not given, the pose should be done according to one’s capacity and time at one’s disposal. Repetitions are recommended over timings to avoid strain.)

1. **Urdhva Hastāsana**
   - 2 x

2. **Utkaṭāsana**
   - 3 x

3. **Uttītā Trikoṇāsana**
   - 2 x each side

4. **Uttītā Pārśvakoṇāsana**
   - 2 x each side

5. **Vimānāsana**
   - 2 x each side

6. **Vīrabhadrāsana I**
   - 2 x each side

7. **Adho Mukha Svānāsana**
   - 2 x

8. **Catuṣpādāsana**
   - 2 x

9. **Adho Mukha Vīrāsana**
   - (release the back)

10. **Śavāsana**
    - (legs resting on chair or support; 5 minutes)
HOME PRACTICE SEQUENCE
LEVEL I
Sequence 4

(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)

1 Sukhāsana (change cross)
   1 x

2 Sukhāsana Twist
   (simple cross legs, twist, change cross, and repeat)
   2 x

3 Adho Mukha Virāsana
   (extend arms forward then change cross)

4 Utthita Trikoṇāsana
   2 x each side

5 Viṇabhadraśāna II
   2 x

6 Ardha Candraśāna
   (with or without wall)
   2 x

7 Adho Mukha Śvānāsana
   2 x

8 Bharadvājāsana
   (in chair)
   2 x

9 Śavāsana
   5 minutes