HOME PRACTICE SEQUENCE
LEVEL II
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 Ěrāhva Hastāsana
   2 x

2 Utthita Trikoṇāsana
   2 x

3 Utthita Pārśvakoṇāsana
   2 x each side

4 Ardha Chandrāsana
   2 x

5 Vīmānāsana
   2 x each side

6 Pariṇītta Trikoṇāsana
   2 x

7 Pariṇītta Pārśvakoṇāsana
   2 x

8 Uttanāsana
   1 x

9 Prasārita Pādottānasana
   1 x
HOME PRACTICE SEQUENCE
LEVEL II
Sequence 1 (cont)
(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.)

10 Sūlamba Śīrṣāsana 1-5 minutes
11 Adho Mukha Viरāsana (rest for 15 seconds)  
12 Catuṣpādāsana 3 x
13 Sūlamba Sarvāṅgāsana 3-8 minutes

14 Eka Pāda Sarvāṅgāsana 2 x
15 Pārśva Halāsana 2 x
16 Śavāsana 5-10 minutes
HOME PRACTICE SEQUENCE
LEVEL II
Sequence 2

(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. Adho Mukha Viřāsana
   30 secs. to 1 min.

2. Adho Mukha Śvānāsana
   1-3 minutes

3. Uttānāsana
   1-3 minutes

4. Pārśvottānāsana
   2 x

5. Prasārita Pādottānāsana
   1 x

6. Sālamba Śirṣāsana (optional)
   1-5 minutes

7. Sālamba Sarvāngāsana
   3-8 minutes

8. Halāsana
   1-3 minutes

9. Daṇḍāsana
   1-3 minutes

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HOME PRACTICE SEQUENCE
LEVEL II
Sequence 2 (cont)

(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.)

10 Upavīṣṭa Koṇāsana
1-3 minutes

11 Pārśva Upavīṣṭa Koṇāsana
(upright twist)
1 minute

12 Pāścimottānāsana
1-3 minutes

13 Baddha Koṇāsana
1-3 minutes

14 Jānu Śīrṣāsana
2 x

15 Pavanmuktāsana
1 x

16 Catuṣpādāsana
2 x

17 Śavāsana
(with support under knees)
HOME PRACTICE SEQUENCE
LEVEL II
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. Adho Mukha Vīrāsana
   30 secs. to 1 min.

2. Adho Mukha Śvānāsana
   1-3 minutes

3. Ěrdhva Hastāsana
   2 x

4. Ěrdhva Baddhāṅguliyāsana
   2 x

5. Ěrābhadrāsana II
   2 x

6. Ěrābhadrāsana I
   2 x

7. Adho Mukha Śvānāsana
   1 minute

8. Śālamba Śīrāsana
   3-5 minutes

9. Bharadvājāsana
   4 x

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HOME PRACTICE SEQUENCE
LEVEL II
Sequence 3 (cont)

(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.)

10 Čudhva Mukha Śvānāsana
(on chair)
6 x

11 Dvi Pāda Vipāṭta Doṇḍāsana
(on chair)
2 x

12 Uṣṭrāsana
3 x

13 Adho Mukha Śvānāsana
(hands to wall)
1 minute

14 Uṭtānāsana
(resting)
1 minute

15 Pārśva Uṭtānāsana
3 x

16 Ardha Halāsana
(legs resting on chair)
3-5 minutes

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**Adho Mukha Virasana** (head supported/resting)  
1-3 minutes

**Adho Mukha Svanasana** (head supported/resting)  
1-3 minutes

**Uttanasana**  
1 x

**Prasrita Padottanasana** (head supported on floor or block)  
1-3 minutes

**Salamba Sirsasana**  
1-5 minutes

**Chair Savasana or Setu Bandha (over bolster)**  
1-3 minutes

**Supta Baddha Konasana** (supported)  
5-8 minutes

**Supta Virasana** (supported)  
5-8 minutes or as long as comfortable

**Paschimottanasana** (head supported)  
1-3 minutes

**Savasana**  
5-10 minutes or as time permits

(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.)