

Home Practice Sequence - 90 minute - Level I-II

Tadasana
Urdhva Hastasana
Vrksasana

Trikonasana
Virabhadrasana II
Uttanasana
Parsvakonasana
Ardha Chandrasana
Adho Mukha Svanasana
Virabhadrasana I
Parivrtta Trikonasana
Prasarita Padottanasana

Dandasana
Upavistha Konasana
Baddha Konasana
Marichyasana III
Supta Padangustasana
Paschimottanasana

Supta Virasana
Urdhvha Dhanurasana
Ardha Matseyndrasana I

Sirsasana
Halasana
Sarvangasana
Setu Bandha Sarvangasana

Jathara Parivartanasana
Pavanmuktasana

Savasana