

Level 1 - Sequence #1



Virasana cycle & standing poses: 45 min sequence

Asana	Alternative	Comments	Timing
Supta Baddha Konasana		Bolster	3-5 min
Virasana		Block/half block	
Adho Mukha Savasana			
Parvatasana in Virasana			1 min/side
Adho Mukha Savasana			
Gomukhasana in Virasana		strap as req'd	1 min/side
Adho Mukha Savasana			
Garudasana in Virasana			1 min/side
Adho Mukha Savasana			
Uttanasana			
Supta Padangusthasana I	SP II with bolster support		1-2 min
Supta Padangusthasana II	with bolster support		1-2 min
Tadasana		inbetween all standing poses	
Trikonasana	Back heel to wall for all	x2	10+ breaths
Ardha Chandrasana	standing asanas	x2	per side
Parsvakonasana		x2 block	
Parsvottanasana	hands to blocks	x2	
Prasarita Padottanasana	hands to blocks		
Uttanasana	hands to blocks/wall		
Salamba Sarvangasana	Setu Bhandha: T-bolster		3-4 mins
Eka Pada Sarvangasana			1 min/side
Swastikasana - Adho Mukha	head support		1 min/side
Savasana			8-10 mins