

## Level 1 - Sequence #2



### Standing poses & backbends: 1 hour

Asana	Alternative	Comments	Timings
Supta Baddha Konasana		Bolster	3-5 mins
Adho Mukha Savanasana	AMS in ropes		1 min
Vasisthasana	Continue above		30 sec/side
Adho Mukha Savanasana			1 min
Urdhva Prasarita Padasana	Supta Swastikasana	x 20+	
Tadasana			30 sec/side
Urdhva Hastasana			
Vrksasana		(x2 for a longer practice)	
Trikonasana	Wall support as required	(x2 for a longer practice)	
Ardha Chandrasana		(x2, etc)	
Parsvakonasana			
Virabhadrasana I	Hands to hips or wall		
Virabhadrasana III	Virabhadrasana I		
Pinchamayarasana preparation	Garudasana in Swastikasana	Feet up wall	
-(also known as forearm balance)			
Adho Mukha Savasana (AMS)	Baddha Konasana		
Chaturanga Dandasana (Plank)		Straight arms	
Urdhva Mukha Savanasana (UMS)			
Repeat AMS-Plank-UMS x5	Supta Virasana	Move with breath	
Eka Pada Salabhasana	Supta Virasana cont.		
Salabhasana	Forward Virasana over bolster	x 2	5-10 breaths
Bhujangasana	-(20 breathes side)	x 3	
Dhanurasana		x 3	
Chatushpadasana		20 breaths x 2	
Adho Mukha Virasana	Bolster	Bolster	10 breaths
Viparita Karani / Ardha Halasana	Setu Bhandha Sarvangasana	Bolster	5-7 mins
Savasana			8-10 mins