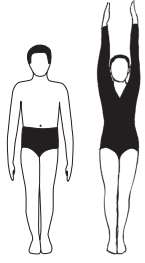
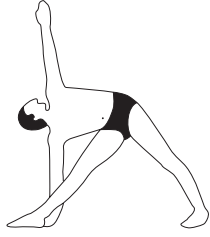


## HOME PRACTICE SEQUENCE LEVEL II Sequence 1

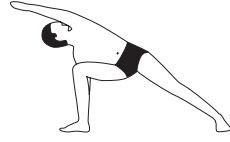
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



1 Tādāsana/Samasthiti  
to Ūrdhva Hastāsana  
2 x



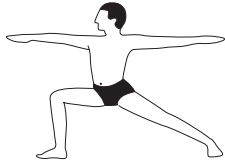
2 Utthita Trikoṇāsana  
2 x



3 Utthita Pārsvakoṇāsana  
2 x each side



4 Ardha Candrāsana  
2 x



5 Vimānāsana  
2 x each side



6 Parivṛtta Trikoṇāsana  
2 x



7 Parivṛtta Pārsvakoṇāsana  
2 x



8 Uttānāsana  
1 x



9 Prasārita Pādottānāsana  
1 x



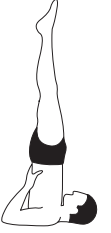
10 Sālamba Śīrṣāsana  
1-5 minutes



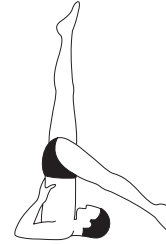
11 Adho Mukha Vīrāsana  
(rest for 15 seconds)



12 Catuṣpādāsana  
3 x



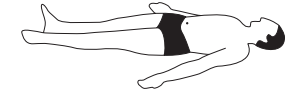
13 Sālamba Sarvāṅgāsana  
3-8 minutes



14 Eka Pāda Sarvāṅgāsana  
2 x



15 Pārśva Halāsana  
2 x



16 Śavāsana  
5-10 minutes

## HOME PRACTICE SEQUENCE LEVEL II Sequence 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.)

## 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 Vīrāsana  
30 secs. to 1 min.



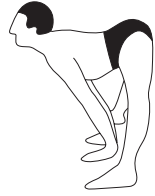
2 Adho Mukha Śvānāsana  
1-3 minutes



3 Uttānāsana  
1-3 minutes



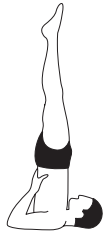
4 Pārvottānāsana  
2 x



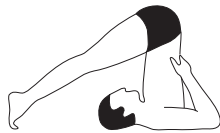
5 Prasārita Pādottānāsana  
1 x



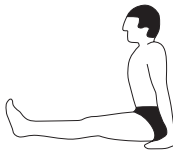
6 Sālamba Śīrṣāsana  
(optional)  
1-5 minutes



7 Sālamba Sarvāṅgāsana  
3-8 minutes



8 Halāsana  
1-3 minutes



9 Daṇḍāsana  
1-3 minutes



10 Upaviṣṭa Koṅāsana  
1-3 minutes



11 Pārśva Upaviṣṭa Koṅāsana  
(upright twist)  
1 minute



12 Paścimottānāsana  
1-3 minutes



13 Baddha Koṅāsana  
(optional)  
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 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.)

## 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 Virāsana  
30 secs. to 1 min.



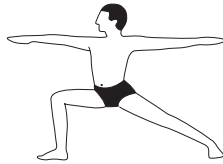
2 Adho Mukha Śvānāsana  
1-3 minutes



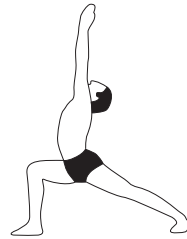
3 Ūrdhva Hastāsana  
2 x



4 Ūrdhva Baddhāṅguliyāsana  
2 x



5 Vīrabhadrāsana II  
2 x



6 Vīrabhadrāsana I  
2 x



7 Adho Mukha Śvānāsana  
1 minute



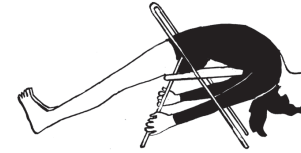
8 Sālamba Śīrāsana  
3-5 minutes



9 Bharadvājāsana  
4 x



10 Ūrdhva Mukha Śvānāsana  
(on chair)  
6 x



11 Dvi Pāda Viparīta Daṇḍāsana  
(on chair)  
2 x



12 Uṣṭrāsana  
3 x



13 Adho Mukha Śvānāsana  
(hands to wall)  
1 minute



14 Uttānāsana  
(resting)  
1 minute



15 Pārśva Uttānāsana  
3 x



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

## 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.)

# HOME PRACTICE SEQUENCE

## LEVEL II

### 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 Adho Mukha Vīrāsana  
(head supported/resting)  
1-3 minutes



2 Adho Mukha Śvānāsana  
(head supported/resting)  
1-3 minutes



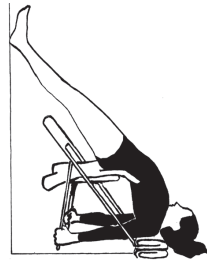
3 Uttānāsana  
1 x



4 Prasārita Pādottānāsana  
(head supported on floor or block)  
1-3 minutes



5 Sālamba Śīrṣāsana  
1-5 minutes



6 Chair Sarvāṅgāsana or Setu Bandha (over bolster)  
1-3 minutes



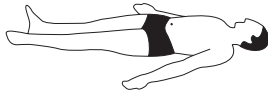
7 Supta Baddha Koṅāsana  
(supported)  
5-8 minutes



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



9 Pāścimottānāsana  
(head supported)  
1-3 minutes



10 Śavāsana  
5-10 minutes or as time permits