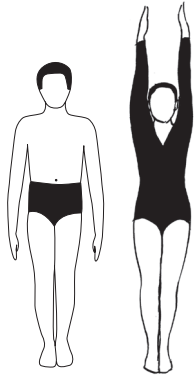
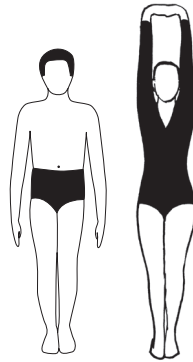




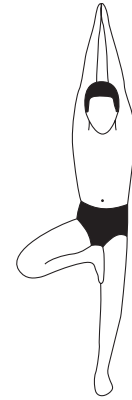
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



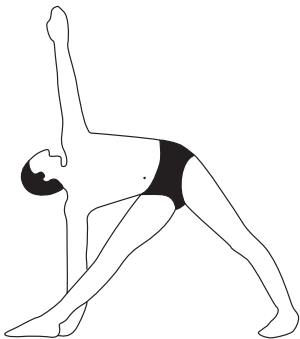
1 *Tāḍāsana/Samasthiti*
to *Ūrdhva Hastāsana*
3 x



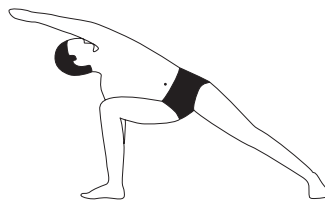
2 *Tāḍāsana/Samasthiti*
to *Ūrdhva Baddhāngulīyāsana*
(change interlock)
2 x



3 *Vṛkṣāsana*
2 x each side



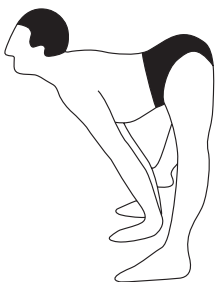
4 *Utthita Trikoṇāsana*
2 x each side



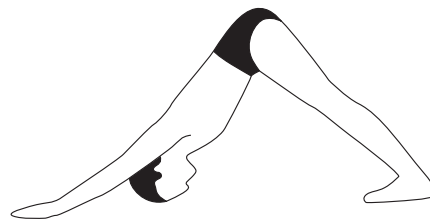
5 *Utthita Pārśvakoṇāsana*
2 x each side



6 *Pārśvottānāsana*
(hands on hips; concave back)
2 x each side



7 *Prasārita Pādottānāsana*
(hands on floor, arms straight;
concave back)
2 x



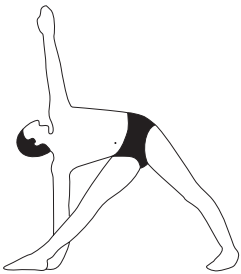
8 *Adho Mukha Śvānāsana*
2 x



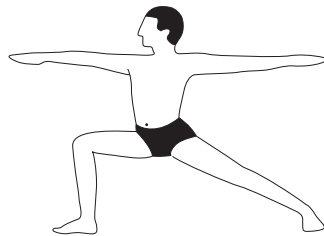
9 *Ūrdhva Prasārita Pādāsana*
(resting version: legs up wall,
back flat on floor)
stay quietly for 5 minutes



(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 *Utthita Trikoṇāsana*
2 x each side



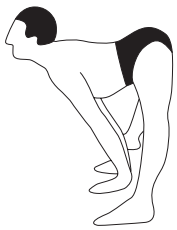
2 *Vīrabhadrāsana II*
2 x each side



3 *Ardha Uttānāsana*
(half *Uttānāsana*;
hands on wall at
shoulder height;
concave back)
1 x



4 *Pārśvottānāsana*
(concave back; hands
on chair or blocks)
2 x



5 *Prāsarita Pādottānāsana*
(hands on floor, arms
straight; concave back)
2 x



6 *Sukhāsana*
(simple cross legs;
switch cross and twist
to each side) 2 x



7 *Baddha Koṇāsana*
(back supported
against wall or couch)
sit on support for
several minutes



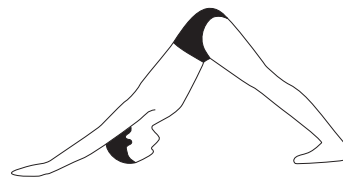
8 *Vajrāsana* (*Ūrdhva Hasta*
& *Parvatāsana* in
Vajrāsana) sit with
blanket between calves
and thighs)



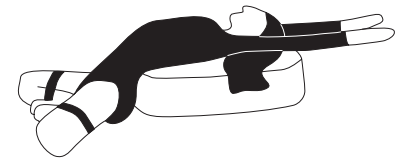
9 *Adho Mukha Vīrāsana*
(knees apart; relax
forward; then arms
forward) 2 x



10 *Pavanmuktāsana*



11 *Adho Mukha Śvānāsana*
2 x



12 *Supta Baddha Koṇāsana*
(with support under
legs, back, and head)



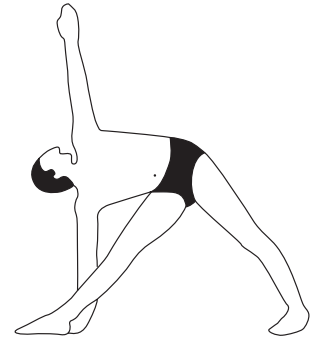
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



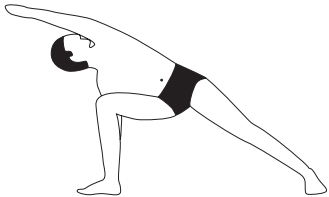
1 *Ūrdhva Hastāsana*
2 x



2 *Utkāṣāna*
3 x



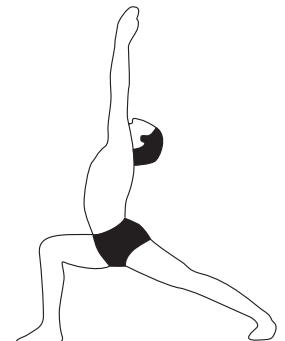
3 *Utthita Trikoṇāsana*
2 x each side



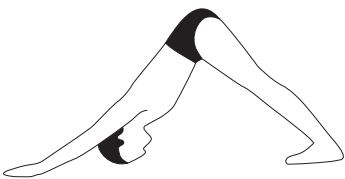
4 *Utthita Pārśvakoṇāsana*
2 x each side



5 *Vimānāsana*
2 x each side



6 *Vīrabhadrāsana I*
2 x each side



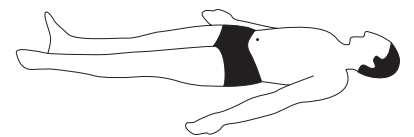
7 *Adho Mukha Śvānāsana*
2 x



8 *Catuṣpādāsana*
2 x



9 *Adho Mukha Vīrāsana*
(release the back)



10 *Śavāsana*
(legs resting on chair or support; 5 minutes)



(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.)



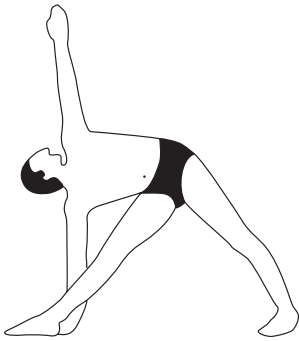
1 *Sukhāsana*
(change cross)
1 x



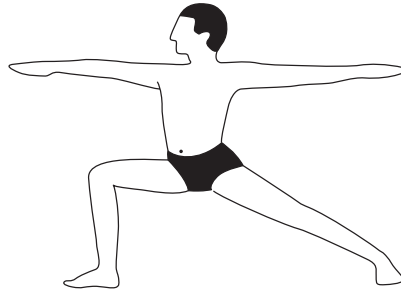
2 *Sukhāsana Twist*
(simple cross legs, twist,
change cross, and repeat)
2 x



3 *Adho Mukha Vīrāsana*
(extend arms forward
then change cross)



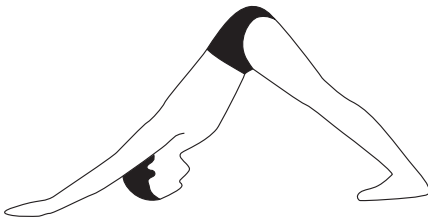
4 *Utthita Trikoṇāsana*
2 x each side



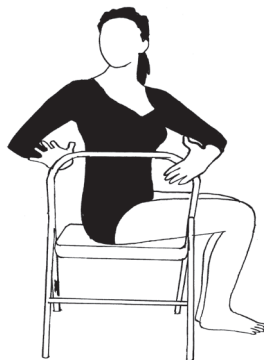
5 *Vīrabhadrāsana II*
2 x



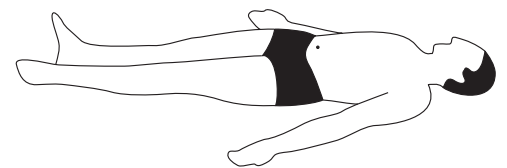
6 *Ardha Candrāsana*
(with or without wall)
2 x



7 *Adho Mukha Śvānāsana*
2 x



8 *Bharadvājāsana*
(in chair)
2 x



9 *Śavāsana*
5 minutes