



## HOME PRACTICE SEQUENCE LEVEL I 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.)



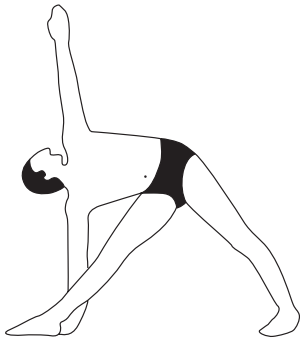
1 *Sukhāsana*  
(change cross)  
1 x



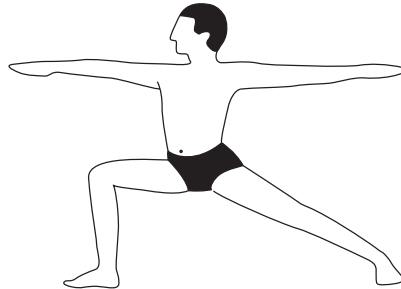
2 *Sukhāsana Twist*  
(simple cross legs, twist,  
change cross, and repeat)  
2 x



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



4 *Utthita Trikoṇāsana*  
2 x each side



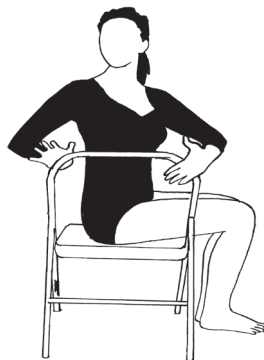
5 *Vīrabhadrāsana II*  
2 x



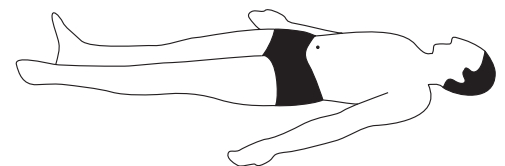
6 *Ardha Candrāsana*  
(with or without wall)  
2 x



7 *Adho Mukha Śvānāsana*  
2 x



8 *Bharadvājāsana*  
(in chair)  
2 x



9 *Śavāsana*  
5 minutes