



Beginner Sequence for Practice



1. Tadasana



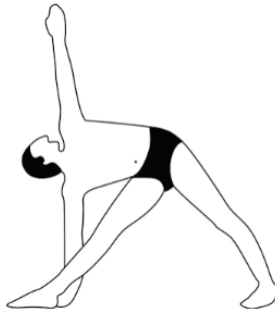
2. Urdhva Hastasana



3. Urdva Baddhanguliyasana



4. Vrksasana



5. Utthita Trikonasana



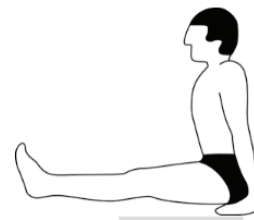
6. Virabhadrasana II



7. Ardha Uttanasana
(half Uttanasana; hands
on wall or table at
shoulder height.)



8. Parsvottanasana



9. Dandasana



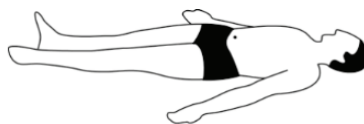
10. Paschimottanasana



11. Chatushpadasana /
Setu Bandha
(With block under sacrum)



12. Sukhasana with Twist
(Simple cross legs, twist,
change cross, and repeat
on other side.)



13. Savasana