

Home Practice #3



Supta Baddha Konasana (5 minutes)



Supta Padangusthasana A right side (5-10 breaths)



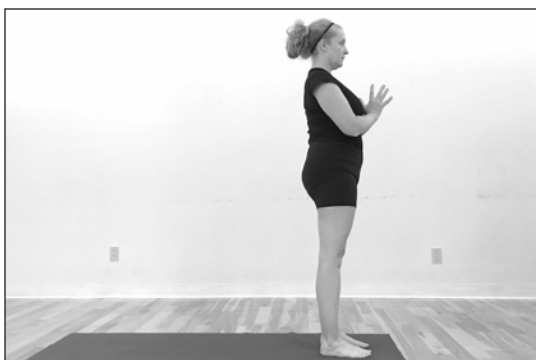
Supta Padangusthasana B right side (5-10 breaths)



Supta Padangusthasana C right side (5-10 breaths)
Repeat all three on the left side.



Urdhva Hastasana (10 breaths)



Surya Namaskar A (5x)



Surya Namaskar B (2x)



Uttanasana (15-20 breaths)



Prasarita Padottanasana (15-20 breaths)



Parsvottanasana (10-15 breaths each side)



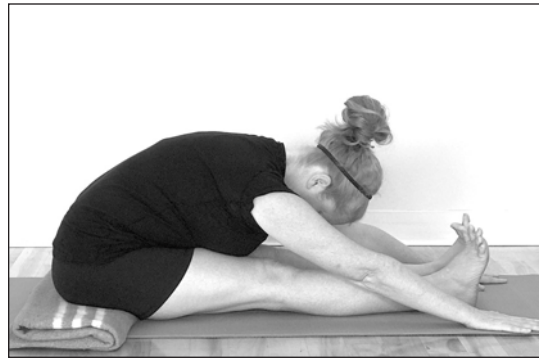
Utthita Hasta Padangusthasana A (10-15 breaths each side)



Vrksasana (10-15 breaths each side)



Dandasana (5-10 breaths)



Paschimottasana (15-20 breaths)



Janu Sirsasana (10 breaths each side)



Trianga Mukhaikapada Paschimottasana (10 breaths each side)



Marichyasana A twist version (10 breaths each side)



Marichyasana C (10 breaths each side)



Ardha Matsyendrasana (10 breaths each side)



Upavistha Konasana Upright (5-10 breaths)



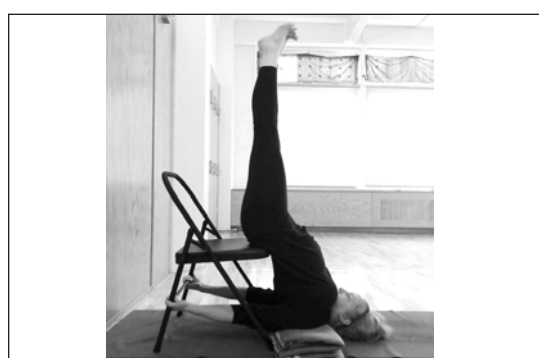
Upavistha Konasana Forward Bend (15-20 breaths)



Setu Bandha (2 x 5-10 breaths)



Urdhva Dhanurasana (5-10 breaths)



Salamba Sarvangasana with chair (5 minutes)



Supported Setu Bandha Sarvangasana with chair
(5 minutes)



Supported Savasana with chair (5 minutes)