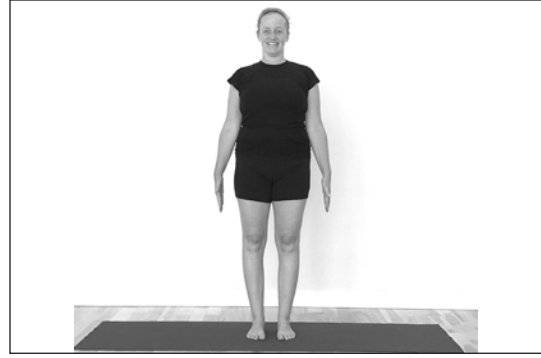


Home Practice #1



Baddha Konasana (3-5 minutes)



Tadasana (2-3 minutes)



Urdhva Hastasana (2-3 minutes)



Wall Push (2-3 minutes)



Utthita Trikonasana (15-20 breaths each side)



Utthita Parsvakonasana (15-20 breaths each side)



Ardha Chandrasana (15-20 breaths each side)



Setu Bandha (2 x 5-10 breaths)



Purvottanasana (2x 5-10 breaths)



Supported Viparita Dandasana in a chair (3-5 minutes)



Chair Twist (10 breaths each side)



Jathara Parivartanasana (15 breaths each side)



Dandasana (10-20 breaths)



Janu Sirsasana (10-15 breaths each side)



Paschimottasana (10-20 breaths)



Salamba Sarvangasana (3-5 minutes)



Viparita Karani (5-10 minutes)



Supported Savasana (5-10 minutes)