

Home Practice #2



Virasana (2-3 minutes)



Adho Mukha Svanasana (3-5 minutes)



Plank (5 breaths) to
Adho Mukha Svanasana (5 breaths) Repeat 3x



Lunge (10 breaths each side)



Plank (5 breaths) to
Adho Mukha Svanasana (5 breaths) Repeat 3x



Utkatasana (2 x 10 breaths)



Plank (5 breaths) to
Adho Mukha Svanasana (5 breaths) Repeat 3x



Virabhadrasana 1 (10 breaths each side)



Plank (5 breaths) to
Adho Mukha Svanasana (5 breaths) Repeat 3x



Plank (5 breaths) to
Adho Mukha Svanasana (5 breaths) Repeat 3x



Plank (5 breaths) to
Adho Mukha Svanasana (5 breaths) Repeat 3x



Supta Padangusthasana A (Right side - 10 breaths)



Salabhasana (2 x10 breaths)



Urdhva Mukha Svanasana (2 x 10 breaths)



Dhanurasana (2x10 breaths)



Supta Padangusthasana B (Right side - 10 breaths)



Supta Padangusthasana C (Right side - 10 breaths)
Repeat all three poses on Left side.



Upright Upavistha Konasana (10 breaths)



Parsva Upavistha Konasana (10 breaths each side)



Upavistha Konasana Forward Bend (10 breaths)



Supported Setu Bandha Sarvangasana (5 minutes)



Viparita Karani (5-10 minutes)



Supported Savasana (5-10 minutes)