

Home Practice #4



Supta Virasana (3-5 minutes)



Adho Mukha Svanasana at wall (5-10 breaths) to →



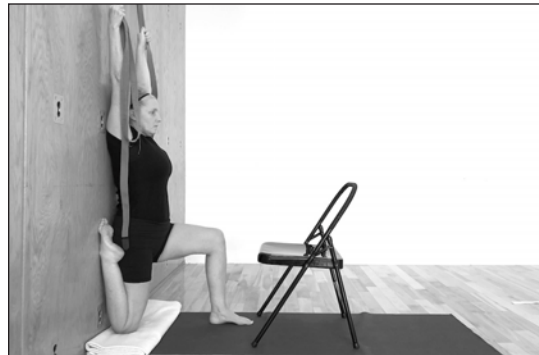
Adho Mukha Vrksasana walking up the wall (5-10 breaths) Repeat sequence 3x



Lunge back foot at wall (10 breaths each side)



Pincha Down Dog (5-10 breaths x 3)



Urubangasana variation 1 (10-15 breaths each side)



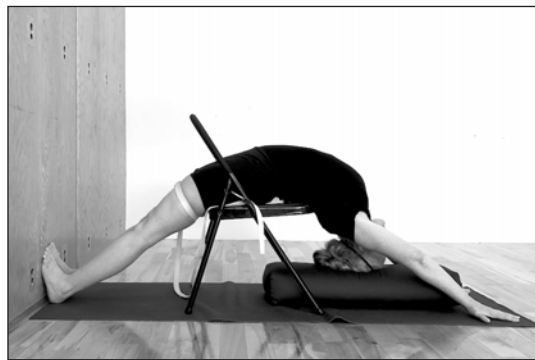
Urubangasana variation 2 (10-15 breaths each side)



Salabhasana (5-10 breaths x 2)



Urdhva Mukha Svanasana (5-10 breaths x 2)



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



Ustrasana (5-10 breaths x 2)



Setu Bandha (5-10 breaths x 2)



Urdhva Dhanurasana (5-10 breaths x 2)



Jathara Parivartanasana (15 breaths each side)



Supta Padangusthasana A Right side (10-15 breaths)



Supta Padangusthasana B Right side (10-15 breaths)
Repeat both on the Left side



Salamba Sarvangasana (3-5 minutes)



Supported Halasana with chair (3-5 minutes)



Supported Savasana with chair (5-10 minutes)