

## SELF-PRACTICE SEQUENCE (BEGINNER LEVEL)

### Standing poses



*(Note: if you lack energy; have medical restrictions, menstruating or feel tired you shall skip the postures highlighted with (\*))*

1.



## Vrksasana

*(Vrksa = tree)*

The tree pose gives a beautiful upward stretch and sense of balance

2.



## Utthita Trikonasana

*(Utthita = extended, Trikona = triangle)*

The extension of the limbs and trunk to form several triangles teaches alignment and sense of direction

3.



## Virabhadrasana II

*(Virabhadra = a warrior from Indian mythology)*

This is the second warrior pose. The body rises erect over the legs, while the arms reach out to opposite side

4.



### Utthita Parsvakonasana

*(Utthita = extended; Parsva = sideways; Kona = angle)*

*In this pose the trunk extends sideways into space, over a leg bent to a right angle. There is a single stretch from back foot to fingertips.*

5.



### Ardha Chandrasana

*(Ardha = half ; Chandra = moon)*

The extended trunk, poised over a finely balanced leg, is reminiscent of the Indian moon floating into space.

6.



If you go deeper on the pause with lower brick keep both sides of the trunk parallel.

7.



### Adho Mukha Svanasana

*(Adho = downward;  
Mukha = face; Svana =  
dog)*

This posture imitates a dog stretching downward. It rests the heart.

8.

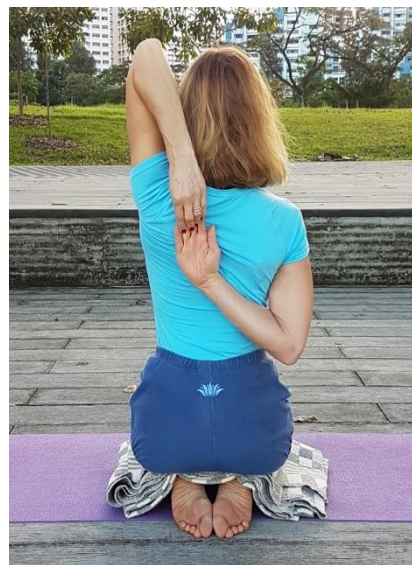


### Parvatasana in Vajrasana

*(Parvata = mountain)*

This is wonderful for refreshing the legs when they are tired. You can put the belt on the ankles to keep you feet joint.

9.



### Gomukhasana

*(Go = cow; Mukha = face)*

This pose allows opening of the chest, shoulders and shoulder blades.

10.



## Namaskarasana

*(Namaskar = greetings)*

Allows complete opening of the chest.

11.



## Urdhva Dandasana

*(Urdhva = upward;  
Danda = stick)*

This posture is the base of the sitting poses and twists. The trunk is erect, and the legs are stretched straight.

12.



### Pascimottanasana

*(Pascima = back; Uttana = extension)*

In this extreme extension of the back of the body the ego becomes subdued and the mind quiet.

Use the belt if you cannot reach the feet and keep shoulder blades in.

Raise your abdomen from pubic bone up.

13.



### Paripurna Navasana (\*)

*(Paripurna = full; Nau = boat)*

In this posture the body is like a boat, with the arms as oars.

14.



### Dvi Pada Viparita Dandasana

*(Dvi Pada = two legs;  
Viparita = inverted; Dana = stick )*

The shoulder blades must grip the ribs for the chest to open and the hips to lift.

15.



With arms extended, feel more extension of both sides of the trunk.

You can use a bed to do this asana.

16.



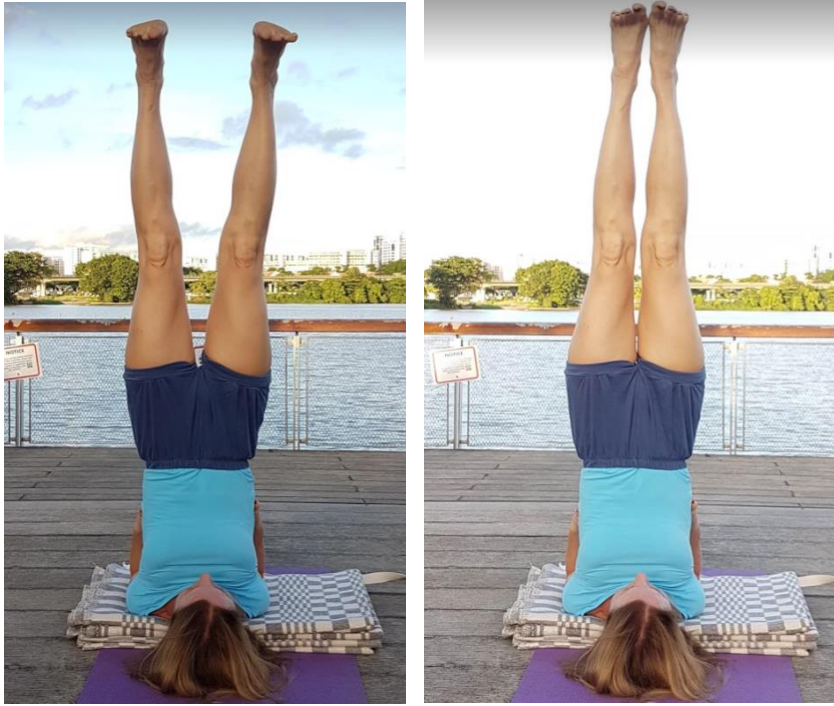
### Dvi Pada Viparita Sirsasana (\*)

*(Dvi Pada = two legs;  
Viparita = inverted; Sirsa = head )*

This inverted pose allows the resting of legs. Strength, lightness and flexibility combined in this pose.

*Do not practice this pose if you have high blood pressure, eyes problem, temperature, menstruation or neck problem. As alternative replace by Adho Mukha Svanasana.*

17.



## Salamba

### Sarvangasana (\*)

*(Salamba = supported;  
Sarvanga = all parts of the  
body)*

This is called the queen or mother of the asanas. It soothes and nourishes the whole body.

*Do not practice this pose if you have high blood pressure, eyes problem, temperature, menstruation or neck problem. As alternative replace by Adho Mukha Svanasana.*

18.



## Halasana (\*)

*(Hala = plow)*

With the trunk and legs taken over the head, the brain relaxes.

19.



## Karnapidasana (\*)

*(Karan = ears; Pida = pressure)*

The senses are shut away from external distractions and the body relaxes.



20.

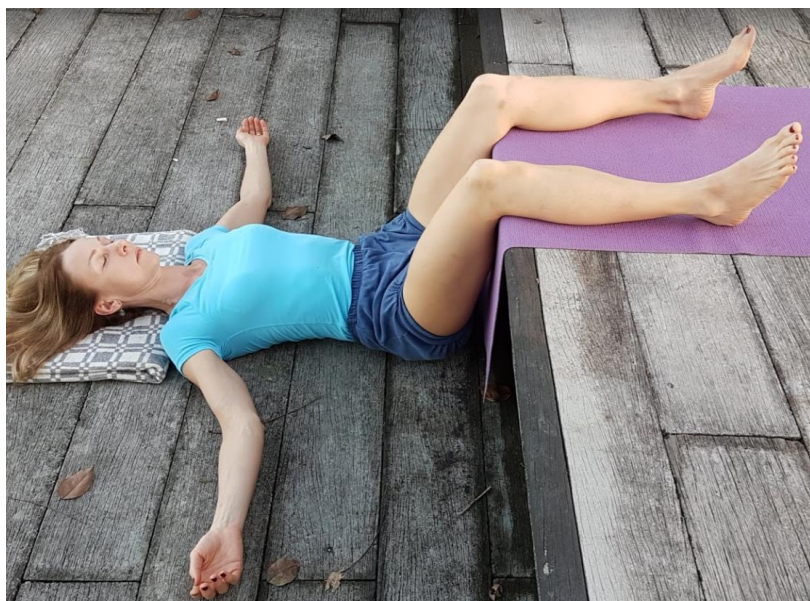


### Urdhva Prasarita Padasana (\*)

*(Urdhva = upward; Prasarita = spread out; Pada = foot)*

Rejuvenate the legs after practise. Use the wall as a support for legs to release completely your abdomen. Then release the arms and put on both sides of the trunk. Chin towards solar plexus. Neck, face, eyes and throat relaxed.

21.



### Savasana

*(Sava = a corpse)*

You can chose the variant of Savana you like more and give you best rest (e.g flat on the floor, with bolster under the knees etc..) In relaxation the body lies as still as a corpse and the mind is at peace. Once the posture is mastered, quietness can be called upon at will. Savasana disciplines the mind to be quiet and watchful.

End of the sequence

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