

SELF-PRACTICE SEQUENCE (BEGINNER LEVEL)

Standing poses



Purpose of the sequence

- Standing poses refresh the body and mind by removing tension, aches, and pains. They stimulate digestion, regulate the kidneys, and relieve constipation. They improve circulation and breathing.
- This sequence is perfect for morning practise

Sequence overview

- Level: Level 1
- Number of poses: 20
- Estimated time for sequence completion: 45 min

Props required

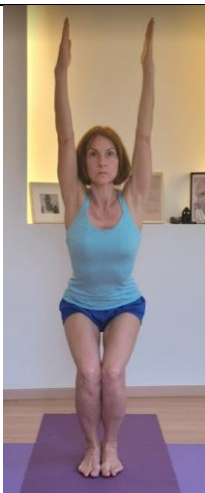



- 1 yoga mat
- 1 chair
- 1 belt
- 4-5 blankets for Salamba Sarvangasana
- 2 bricks (or books)

Caution

In Yoga it is important to listen to your body and respect its limits on any given day. If you feel discomfort or strain; gently come out of the pose.

Waiver: By using this material, you accept you assume the physical risk of own physical condition, neither the teachers, nor Olga Yoga Studio, are liable for any injury, or damages, to person or property, resulting from taking the yoga sequence.

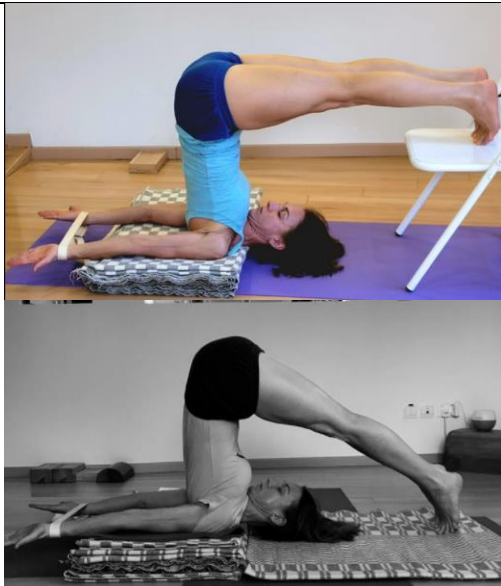



<p>1.</p>		<p>Adho Mukha Virasana</p>
<p>2.</p>		<p>Tadasana</p>
<p>3.</p>		<p>Gomoukhasana in Tadasana</p>
<p>4.</p>		<p>Vriksasana</p>

5.	 A woman in a light blue tank top and dark blue shorts stands on a purple yoga mat with her feet together and arms raised straight up.		Utkatasana
6.	 A woman in a light blue tank top and dark blue shorts is in a wide-legged stance on a purple yoga mat, leaning to her right with her right arm reaching up and her left hand on the floor.		Utthita Trikonasana
7.	 A woman in a light blue tank top and dark blue shorts is in a wide-legged stance on a purple yoga mat, leaning forward with her arms extended horizontally to the sides.		Virabhadrasana 2
8.	 A woman in a light blue tank top and dark blue shorts is in a wide-legged stance on a purple yoga mat, leaning to her right with her right arm reaching up and her left hand on the floor.		Utthita Parsvakonasana

9.			Virabhadrasana 1
10.			Ardha Chandrasana
11.			Ardha Parsvottanasana
12.			Parighasana
13.			Uttanasana

14.			Padangusthasana
15.			Adho Mukha Svanasana
16.			AMS with chair
17.			Parvatasana in Svastikasana

18.			Chatushpadasana
19.			Preparation for Salamba Sarvangasana
20.			Halasana
21.			Salamba Sarvangasana
22.			Eka Pada Salamba Sarvangasana

<p>23.</p>			<p>Halasana with chair belt on the wrists</p> <p>Halasana</p>
<p>24.</p>			<p>Setu bandha Sarvangasana</p>
<p>25.</p>			<p>Viparita Karani</p>
<p>26.</p>			<p>Savasana</p>
<p>End of the sequence</p>			

More asanas sequences and articles can be found at www.OlgaYogaStudio.com/articles/