

Home Practice Beginner Sequence incl. Sarvangasana



1. Tadasana



2. Urdhva Hastasana



3. Ardha Uttanasana



4. Adho Mukha Svanasana



5. Gomukasana in Virasana



6. Adho Mukha Svanasana



7. Parighasana



8. Supta Padangustasana 1



9. Supta Padangustasana 2



10. Jathara
Parivartanasana



11. Tadasana



12. Vrikshasana



13. Utthita Trikonasana



14. Tadasana



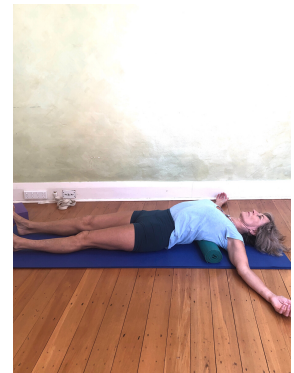
15. Utthita
Parsvakonasana



16. Garudasana



17. Parvottanasana



18. Chest opener - use chair if you have



19. Marichyasana 1



20. Marichyasana 3



21. Sarvangasana



or Chair Sarvangasana



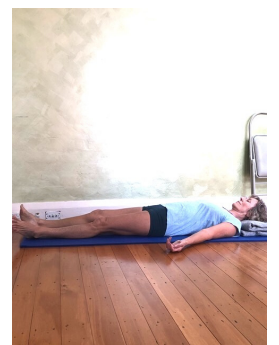
or

Setubandha Sarvangasana



or

Viparita Karani



Savasana

