

Home Practice

General Sequence

includes Sirsasana & Sarvangasana

Optional to prepare
in Supta Virasana
Supta Baddha
Konasana or
Swastikasana



1. Tadasana



2. Urdhva Hastasana



5. Gomukasana



6. Adho Mukha Svanasana



7. Uttanasana (resting)



8. Padangustasana



9. Adho Mukha Svanasana



10. Urdhva Mukha Svanasana

Repeat 9-10-11 X3



11. Adho Mukha Svanasana



12. Tadasana



13. Utthita Hasta Padasana



14. Parsva Hasta Padasana



15. Utthita Trikonasana



16. Tadasana



17. Parsvottanasana X2



18. Tadasana



19. Utkatasana



20. Tadasana



21. Vimanasana



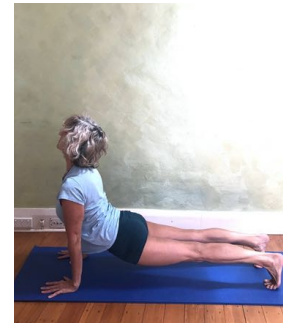
22. Virabhadrasana
1



23. Tadasana



24. Adho Mukha
Svanasana



25. Urdhva Mukha
Svanasana



26. Tadasana



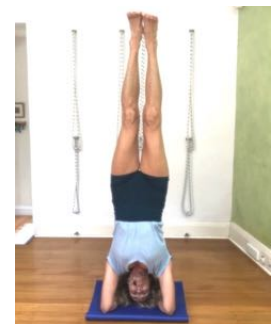
27. Gomukasana
in Tadasana



28. Pincha Mayurasana



29. Adho Mukha Vrkasana
or Adho Mukha Svanasana



30. Sirsasana

If not Sirsasana
do Sirsasana
preparation or
Prasarita
Paddottasana



31. Chest Opener



32. Dandasana



33. Parsva Dandasana -
hold foot



34. Marichyasana 3 1
x2



35. Sarvangasana



36. Halasana

OR



37. Jathara
Parivatanasana



38. Parsva Upavista
Konasana



39. Parivritta Upavista
Konasana



40. Savasana



Activity & passivity must
go together in asanas.
bks iyengar

