

## Home Practice General Sequence 40mins

Optional to  
prepare in Supta  
Virasana, Supta  
Baddhakonasana  
for 5 mins



1. Tadasana



2. Urdhva Hastasana



3. Tadasana



4. Urdhva  
Baddhangulyasana



5. Utthita Hasta Padasana



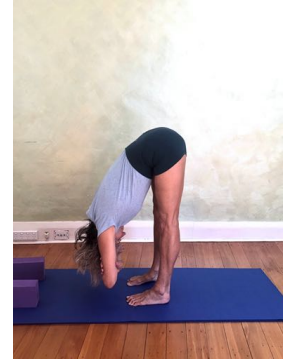
6. Parsva Hasta Padasana  
X 2



7. Utthita Trikonasana  
x 2



8. Adho Mukha Svanasana



9. Uttanasana - resting



10. Padangustasana



11. Adho Mukha Svanasana



12. Uttanasana  
support if necessary



15. Padangasana to  
Full pose



16. Tadasana



17. Urdhva Hastasana



18. Utkatasana



19. Uttanasana



20. Utkatasana



21. Urdhva Hastasana

NB: 17-18-19-20-21 can be repeated x2 x3



22. Tadasana



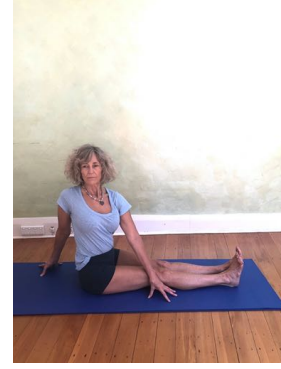
23. Virabhadrasana 2



24. Prasrita Paddottanasana



25. Dandasana



26. Parsva Dandasana



27. Swastikasana to twist & f/wd



28. Marichyasana 3



29. Uttanasana (resting)



30. Sarvangasana



or Chair Sarvangasana



or Setubandha Sarvangasana



or Viparita Karani



31. Halasana



32. Jathara Paravatanasna



Savasana

Depending on timing asanas can be omitted from the sequence. Sirsasana can be added - after Prasrita Paddotanasana or Marichyasana 3 or do only Sarvangasana.

One must do asana not merely as a physical exercise but as a mean to understand and then integrite our body with our breath, with our mind, with our intelligence, with our consciousness, with our core. In this way one can experience true integration and reach ultimate freedom.

- BKS Iyengar -

