

Restorative Sequence with Sirsasana & Chair Sarvangasana



1. Supta Baddhakonasana



2. Supta Virasana



3. Adho Mukha Virasana



4. Adho Mukha
Svanasana - with
forehead support -



5. Sirsasana



6. Sarvangasana (chair)

*Before peace between the nations, we have to find peace inside that
small nation, which is our own being.*

- BKS Iyengar -

