

# Home Practice

## Backbending - Beginners



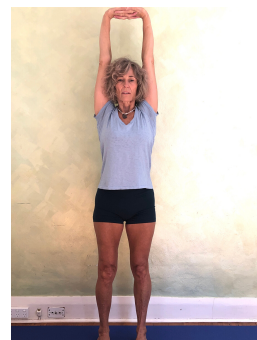
Ardha Uttanasana  
- hands up -



- hands-out -



hands down



Urdhva Baddhangullyasana  
- in Tadasana -



Adhomukha Svanasana



Adhomukha Virasana



Urdhva Baddhangullyasana  
- in Virasana -



Adhomukha Svanasana  
- hands up wall -



Parighasana

back against the wall  
Utkatasana



Parvottanasana



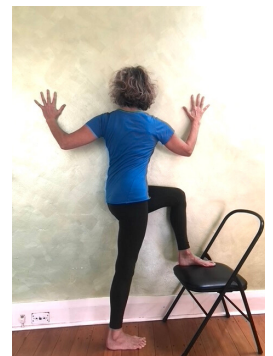
Parsvottanasana



Virabhadrasana 1



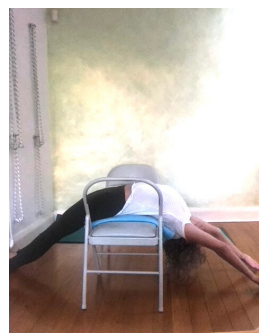
Virabhadrasana 1



Marichyasana 3



Dwi Pada Viparita Dandasana



or  
Purvottanasana



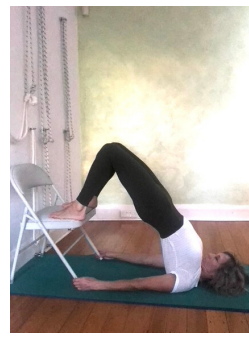
Bhavajasana 1



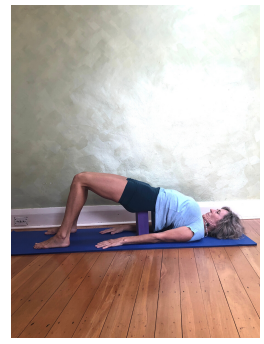
Adho Mukha Svanasana



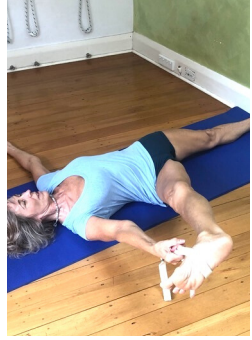
Urdhva Mukha Svanasana



Setubanda Sarvangasana



Supta Padangustasana 1



Supta Padangustasana 2



Sarvangasana



or



Viparita Karani



Savasana

Begin your asana by releasing the breath until you find a quieter state of silence and the cells and self.

Inhalation is tension, exhalation is freedom.

All movements should be done with exhalation.

Exhalation purges the stress and tensions of the body.

- BKS Iyengar, Light on Life -

