

Home Practice

Backbending - General



Tadasana



Adhomukha Svanasana
- hands out -



Malasana



Uttanasana



Urdhva Baddha -
anguliyasana - in Virasana



Supta Virasana



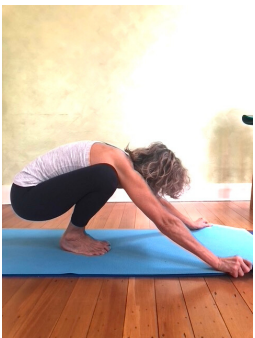
Adho Mukha Virasana



Adhomukha Svanasana
- hands up wall -



Parighasana



Malasana



Parsvottanasana



Utkatasana



Virabhadrasana 1



Virabhadrasana 1



Pincha Mayurasana
or preparation



Adho Mukha Vriksasana
or preparation



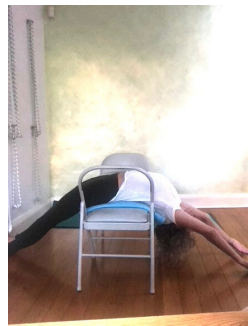
Sirsasana or preparation



Marichyasana 3



Dwi Pada Viparita Dandasana



or



Purvottanasana



Bhavajasana 1



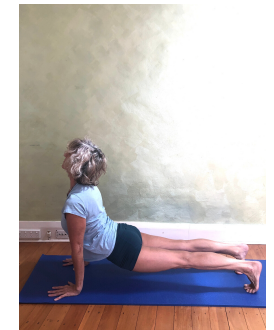
Adho Mukha Svanasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Urdhva Mukha Svanasana



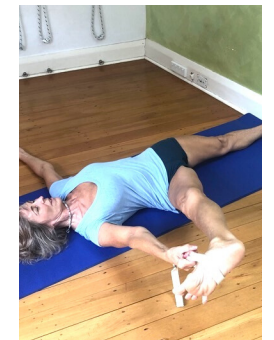
Ustrasana X 2/3



Urdhva Dhanurasana x 3/5



Supta Padangustasana 1



Supta Padangustasana 2



Halasana

and/or

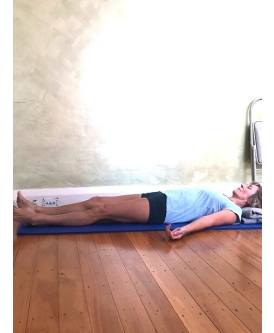


Sarvangasana

or



Setubandha Sarvangasana



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 -

