










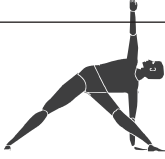



Asana Shape	Asana Name	Comments
	Supta baddha konasana	Over a bolster or 2-3 long fold blankets. 3 minutes
	Adho mukha virasana	
	Adho mukha svanasana	Hands to chair or blocks if needed
	Lunge	Bend the back knee if necessary
	Adho mukha svanasana	Hands to chair or blocks if needed
	Uttanasana or *Ardha uttanasana	*hands to wall
	Tadasana	
	Urdhva hastasana	
	Baddangullyasana in tadasana	
	Gomukasana in tadasana	With belt if necessary
	Garudasana in tadasana	
	Trikonasana	Come back to tadasana after each of the following standing poses. Repeat if time
	Virabadhrasana 2	Repeat if time

Asana Shape	Asana Name	Comments
	Parsvakonasana	Hand to block in front of knee. Repeat if time
	Ardha Chandrasana	Hand to block. Repeat if time
	Parsvottanasana	Concave back. Hands to blocks or wall. Repeat if time
	Uttanasana or *Ardha Uttanasana	*hands to wall or arms folded, thumbs into elbow creases.
	Simple cross leg; twist L & R	On two folded blankets
	Dandasana	On two folded blankets
	Baradvajasana 1	On two folded blankets
	Upavista konasana	On folded blankets as necessary. Upright hands behind. Then belts around feet, knees bent if necessary
	Janu shirsasana	On folded blanket, belt around foot if necessary
	Parvanmuktanasana	Lie on back, hug knees to chest
	Setubandha sarvangasana	On a block, with knees bent
	Chatush padasana	From block. Belt around ankles if necessary
	Setubanda sarvangasana	On a bolster or block; feet at same height as hips/feet to wall
	Savasana	Head on folded blanket if necessary