

















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
	* Uttanasana or **Ardha Uttanasana	* bend knees if needed **hands to wall
	Tadasana	
	Urdhva hastasana	
	Baddangullyasana in Tadasana	
	Trikonasana	Come back to Tadasana after each of the following standing poses. Repeat if time
	Virabhadrasana 2	Repeat if time
	Parsvakonasana	Hand to block in front of knee. Repeat if time
	* Uttanasana or **Ardha Uttanasana	* bend knees if needed **hands to wall
	Simple cross leg; twist L & R	On two folded blankets
	Dandasana	On two folded blankets

Asana Shape	Asana Name	Comments
	Janu sirsasana	Sit on folded blanket, belt around foot if necessary
	Chatush padasana	Lift hips. Belt around ankles if necessary
	Savasana	Head on folded blanket if necessary