



## HOME PRACTICE SHEET - LEVEL 2 SEQUENCE 2

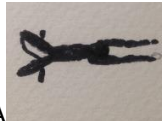
In all poses stay as long as you comfortably can, without shaking of muscles and breathing smoothly 😊 Come up, recover and repeat.

For Level 2 we assume you have a minimum of 6 months experience in class and will know what supports you may need.

Any aches or pains? Skip to next pose.



1)SUPTA SWASTIKASANA

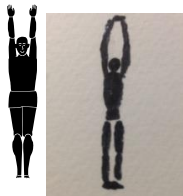


PLUS URDHVA HASTASANA

Lie in cross legs.  
Connect with spine as it rests to the floor.  
Keep spine close to the floor as you extend the arms overhead.



2) ADHO MUKHA SVANASANA (A.M.S.)



3) Urdh. HASTASANA & Urdh. BADDYUNGULIASANA

Feet together or apart but engage muscle to bone.  
Stretch side ribs with arms in U. Hastasana.  
Stretch fingers and wrists with the fingers interlocked.



4) PASCHIMA NAMASKAR

Roll shoulders back to bring hands behind waist and palms together. Slide hands up spine as best you can.



5) TRIKONASANA



6) PARSVAKONASANA



7) ARDHA CHANDRASANA



8) PRASARITA PADOTTANASANA

Bring muscle to bones in the legs, release spine. Support head on chair or bolster as required.



9) PARIVRTTA TRIKONASANA

Revolved Triangle pose. May well need a chair for support or at least a brick for the lower hand.



10) ADHO MUKHA SVANASANA



11) SIRSASANA

Only practice this pose if you have been taught how to do safely in class.



12) BADDHA KONASANA SITTING – BEND FORWARD



13) JANU SIRASANA

In 13 & 14 best to sit on a raise and use a belt to come forward.



14) UPAVISTA KONASANA



15) SARVANGASANA

Only practice 15 , 16 and 17 if you have been taught how to do safely in class with a shoulder pad.



OR



16) HALASANA



17) SUPTA KONASANA



18) PASCHIMOTTANASANA

Best to sit on a raise and use a belt to come forward or do a twist if this suits you better.



18) SAVASANA

Lie down flat if possible, stretch to all your extremities simultaneously then let go instantly. Reconnect with your spine – disconnect from your thoughts.

Be still and watch the breath - 😊

