



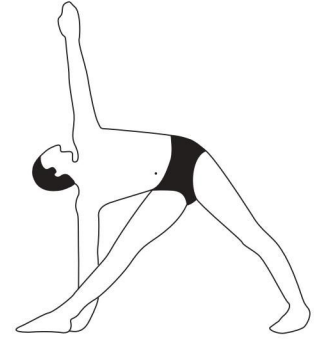
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



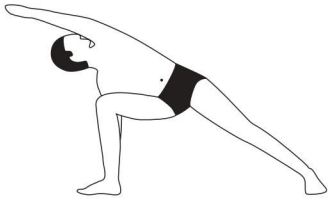
1 *Ūrdhva Hastāsana*
2 x



2 *Utkāṣāna*
3 x



3 *Uthhita Trikoṇāsana*
2 x each side



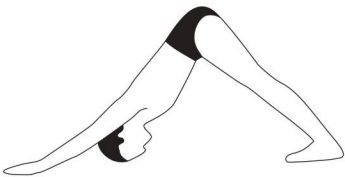
4 *Uthhita Pārśvakoṇāsana*
2 x each side



5 *Vimānāsana*
2 x each side



6 *Vīrabhadrāsana I*
2 x each side



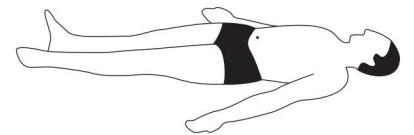
7 *Adho Mukha Śvānāsana*
2 x



8 *Catuṣpādāsana*
2 x



9 *Adho Mukha Vīrāsana*
(release the back)



10 *Śavāsana*
(legs resting on chair or support; 5 minutes)