



HOME PRACTICE SHEET - LEVEL 3 SEQUENCE I

In seated forward bends take plenty support to ensure your set up allows you to comfortably stay for 2 minutes on each side 😊

For Level 3 we assume you have a minimum of 2 years' experience at level 2 and will know what supports you may need.

A pose you haven't yet been introduced to in class? Skip to next pose.



1) SUPTA SWASTIKASANA (cross legs)



2) SUPTA BADDHAKONASANA

Lie in 1) and 2) with spine supported on bricks (or blocks) and head and neck with a bolster/cushions, stay for several (3-5) minutes.

Connect with spine along its length from sacrum to skull.

Practice with hands on tummy, savasana, out at shoulder height and overhead. Study the changed effects with each position.



3) SUPTA VIRASANA/PARYANKASANA

High brick for dorsal spine and lo brick to keep bolster support for head and neck, plus whatever height you may need under the buttocks.

Work as above.



4) 1/2 UTTANASANA TO UTTANASANA

Stand across mat, with heels at back and hands to front edge.

Have high bricks or chair for hands for first 1-2 minutes. Bring muscle to bones in the legs to work for length on spine.

If possible and have fingertips on floor for a minute before working towards the full pose.



5) JANU SIRSASANA +



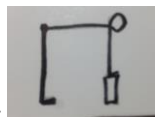
Start sitting on a raise and taking support from a chair to comfortably stay for 2 minutes on each side before trying full pose briefly 'touch and go'.

Re-visit 1/2 UTTANASANA to encourage circulation to the back and legs.

Repeat this pairing for 6), 7), 8) & 9)

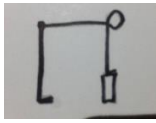


6) TRIANGA PASCHIMOTTANASANA +





7) MARICHYASANA 1 +



Start with feet apart and engage leg muscle to bone.
 Reach left hand under seat to chair leg by right foot.
 Extend right arm up & over like parsvakonasana towards chair back, you may require a belt to contact the chair back.
 Re-connect with spine, stretch on inhale and turn on exhale.



8) PARIVRRTA PASCHIMOTTANASANA +



9) PASCHIMOTTANASANA



10) UTTANSANA

Re-visit to see how this pose comes now.
 Keep spine extended and free.
 Keep head quiet.



11) SIRSASANA 2

Only practice 11), 12), 13) & 14) if you have been taught how to do so safely in class.



12) SIRSASANA



13) ADHO MUKHA VRKSASANA

Only practice 11), 12), 13) & 14) if you have been taught how to do so safely in class.



14) PINCAMAYURASANA



15) SETUBHANDA SARVANGASANA

You may prefer to do this on a brick or blocks.



16) VIPARITA KARANI

Take wall support for the legs and a raise for the pelvis and ensure the abdomen or 'flat'.



17) SARVANGASANA

Only practice this if you have been taught how to do so safely on a support in class.



18) SAVASANA

Support the spine, neck & head as at the start of the class on bricks and with bolster. 'Relax', disturbances will come - again 'relax'.

