



## HOME PRACTICE SHEET - LEVEL I SEQUENCE 7

In all poses keep breathing naturally 😊 stay for 3 breath cycles in each pose if you can.

Repeat poses (1-10) 2 times each.



1) TADASANA

Start with feet together, press into heels, pull up thigh muscles. Roll shoulders back and take shoulder blades into back body to open chest. Ensure elbows and knees are tight. Extend sides and back of neck. Practice with a wall behind to improve balance and/or alignment.



2) VRKSASANA

From 1) bend R knee to side, hold ankle and place sole against L inner thigh with toes pointing to floor. Keep navel forward and take R knee back. Again, extend arms, stretch them forward and up, keep elbows tight to join the hands. Practice near a wall to improve balance and/or alignment.



3) TRIKONASANA

Start in TADASANA, jump or step wide, wrists over ankles. Turn R foot out L foot in, R heel in line with L instep. Stretch the trunk over R leg, place the hand for the shin, ankle, brick or chair. Turn navel facing forwards and upwards. Look up if no neck pain, otherwise forward or even down. Repeat on L side.



4) PARSVAKONASANA

You may need a brick/book/chair for your hand. Start in TADASANA jump or step wider than for 3). Turn R foot out L foot in, R heel in line with L instep. Bend R knee to make a square, keep the knee over the ankle. Keep L leg stretched and firm before extending L arm in line with trunk, head and L ear. Repeat on other side.



5) PARSVOTTANASANA

Start with hands in 'paschima namaskar' or hold elbows if stiff, then jump or step legs as above. Turn to narrow end of mat, extend spine forwards, lift chin, take head towards R foot. Keep legs poker straight, hips level, stretch sides of trunk. Repeat on other side.



6) ADHO MUKHA SVANASANA

Come into this from all 4's. Press hands firmly to open palms, straighten arms, lift hips and press thighs back. Ensure elbows and knees are tight. Breathe well with chest open.



### 7) VIRASANA

From kneeling up, knees together sit **BETWEEN** feet.  
If you cannot easily sit on the floor take supports under your buttocks.



### 8) PARVATASANA

From 7) Be mindful not to arch the lower back as you interlock the fingers, turn the palms away and extend the arms over head.  
Remember to change the interlock of the fingers



### 9) DANDASANA

Sit on a raise, legs and feet together, pull up thigh muscles.  
Lift spine, open chest.  
Roll shoulders back and take shoulder blades into back body to open chest.



### 10) TRIANGA MUKHIKAPADA PASCHIMOTTANASANA

From 9) still on raise, bend R leg back placing ankle to hip as in 7).  
Stretch up with arms to lengthen forward.  
Catch foot with fingers or belt.



### 11) SETUBANDHA SARVANGASANA

Best use blocks/wall/chair to raise feet.  
Lie with knees bent up, feet on floor.  
Press feet down and lift hips up.  
Roll shoulder bones down & lift shoulder blades.  
Support back either with hands or brick/books as in class.

**There should be no tension on the neck.**



### 12) SUPTA BADDHA KONASANA

Working pose is flat as shown or choose a recuperative pose with bolster/blocks/blankets for the spine and head.  
Sitting up bring the soles of the feet together and take the knees wide apart.  
A belt around the feet and lower back helps to lengthen the spine and supports under thighs helps strain in the groins.

