



## Level 2 Sequence 3

A sequence to bring strength and positivity. Hold poses within your comfort zone.

Take care to look carefully at all the photos before you start so you can have all the necessary props.

n.b. Not a suitable practice for menstruating ladies.



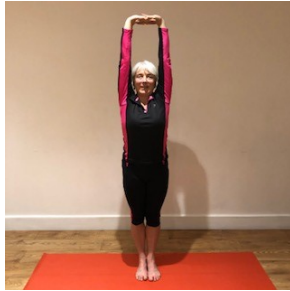
### LEG SWINGS—PARIVRITTA SUPTA PADANGUSTASANA

Lie in SUPTA TADASANA, take a blanket for the head if that support feels better for you.

Extend arms at shoulder level and extend legs with knees tight.

Inhale raise the right leg, exhale extend across the body, inhale raise then exhale to lower that leg.

Repeat x10 for each leg.



### UTKATSANA

Stand with feet apart in TADASANA, inhale and raise arms for URDHVA HASTASANA, exhale to bend knees, hook buttocks 'in', lift tummy, lift arms and keep spine long.

Hold to capacity.

As above with feet together and fingers interlinked in URDHVA BADDYANGULIASANA.



### TRIKONASANA

Legs wide and ensure right heel is line with left arch. Have strong straight legs to extend spine well.

Open chest and turn to see top hand



### PARSVAKONASANA

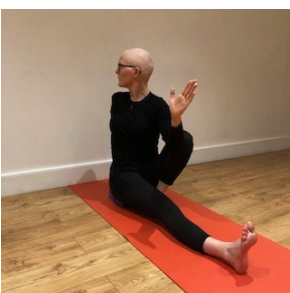
To remain mindful of the connection from left heel to left finger tips start with the left arm in URDHVA HASTASANA as you go to the pose on the right side, in stages as shown.



### ARDHA CHANDRASANA

Come to the pose via TRIKONASANA keeping the lively extension of the last pose in the left leg.

Stretch the spine out of the pelvis, open the chest well by stretching the arms, use height for the floor hand if that helps to achieve this.



### MARICHYASANA 1

Use a raise to sit on if you are in the habit of doing so, bend the left leg up.

Sit tall, stretch up with the arms and turn to the right placing the arms as shown.

Exhale more deeply as you stay.



### MARICHYASANA 3

Use a raise to sit on if you are in the habit of doing so, bend the right leg up.

Sit tall, stretch up with the arms and turn to the right placing the arms as shown.

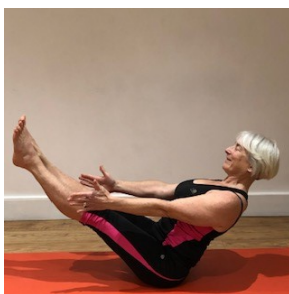
Press well into both heels, start to exhale further as you stay in this pose.



### PARIVRRTA TRIKONASANA

Most people appreciate height for the lower hand. Prepare as for trikonasana then turn as you go over the right leg to take the left hand down. Pause and re-charge the legs.

Turn keeping both sides of the torso as even in length as you can and the shoulders level as you turn.



### PARIPURNA NAVASANA

Start in DANDASANA with buttocks firmly on the ground, stretch arms up into URDHVA HASTASANA.

As you lean back keep strong straight legs and lower the arms for counter balance.

Try to keep spine long and chest open with smooth breaths .

Repeat x3



### CHATUSHPADASANA

Start lying in semi supine position on a half folded mat. Ensure the head is off the mat and have knees bent up with feet near to the buttocks.

Press into the heels to lift the pelvis, and open the chest.

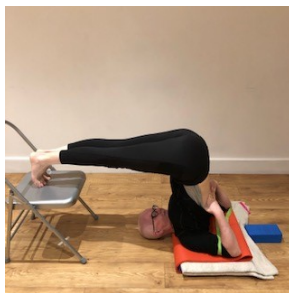
Take deep inhalations, repeat x3



### SARVANGASANA and HALASANA

Only practice this if it is familiar to you from class.

A super pose to boost immunity so supporting the feet allows a longer stay and better circulation to lymph nodes and glands.



### SAVASANA in SUPTA BADDHA KONASANA as shown, or simply cross legs

Take care in placing yourself well. As you slide off the raise bring your spine to the ground and stop just before the coccyx (tailbone) comes off the raise so you feel a pleasant stretch to the lower back.

Allow shoulders to relax and inhalation to come in to the lungs freely. Relaxing legs, abdomen and spine with exhalation.

