



(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 *Utthita Trikoṇāsana*  
2 x each side



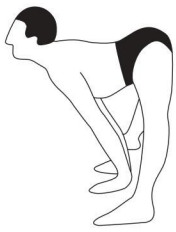
2 *Vīrabhadrāsana II*  
2 x each side



3 *Ardha Uttānāsana*  
(half *Uttānāsana*;  
hands on wall at  
shoulder height;  
concave back)  
1 x



4 *Pārśvottānāsana*  
(concave back; hands  
on chair or blocks)  
2 x



5 *Prāsarita Pādottānāsana*  
(hands on floor, arms  
straight; concave back)  
2 x



6 *Sukhāsana*  
(simple cross legs;  
switch cross and twist  
to each side) 2 x



7 *Baddha Koṇāsana*  
(back supported  
against wall or couch)  
sit on support for  
several minutes



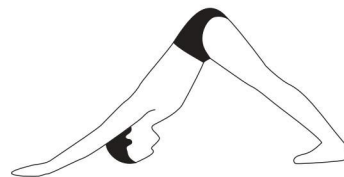
8 *Vajrāsana* (*Ūrdhva Hasta*  
& *Parvatāsana* in  
*Vajrāsana*) sit with  
blanket between calves  
and thighs)



9 *Adho Mukha Vīrāsana*  
(knees apart; relax  
forward; then arms  
forward) 2 x



10 *Pavanmuktāsana*



11 *Adho Mukha Śvānāsana*  
2 x



12 *Supta Baddha Koṇāsana*  
(with support under  
legs, back, and head)