

Home Practice Sequence #2

NOTES: This sequence is for students familiar with yoga terminology and the poses outlined in the sequence. No specific written instructions are given. It is recommended that each asana be sustained for 5 to 6 full breaths if possible with the exception of Viparita Karani and Savasana. Spend several breaths in reflection after each asana.

Centering -

Vajrasana - Lightning Bolt Pose - with tightly rolled yoga mat behind the knees

Warm-Up/Into Escalation -

Remain in Vajrasana - urdva hastasana & garudasana arms

Bidalasana - Cat/Cow Pose

Adho Mukha Svanasana - Downward Facing Dog Pose

High Lunge

Low Lunge

Utkatasana - Awkward Pose

Uttanasana - Standing Forward Bend

Tadasana - Mountain Pose

Vrksasana - Tree Pose

Virabhadrasana II - Warrior II

Prasarita Padottanasana - Standing Wide-Leg Forward Bend

Trikonasana - Triangle Pose

Adho Mukha Svanasana - Downward Facing Dog Pose

Urdva Mukha Svanasana - Upward Facing Dog Pose

Balasana - Child's Pose

Maricyasana III - Seated Twist

Resolution into Savasana -

Maha Mudrasana - Noble Closure Pose

Janu Sirsasana - Head to Knee Pose

Viparita Karani - Legs Up the Wall Pose - sustain for at least two minutes

Savasana - sustain for at least five minutes; longer if desired

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