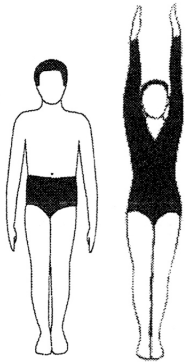
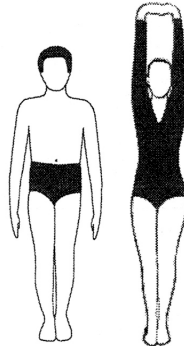




(Whenever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



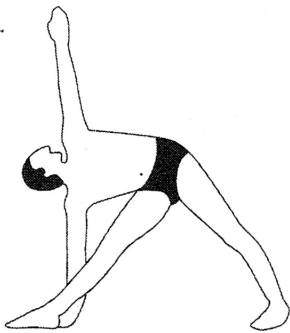
- 1 Tadasana/ Samasthiti
to Urdhva Hastasana
3x



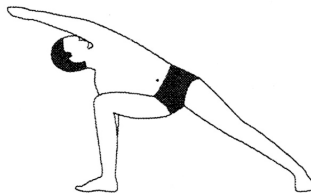
- 2 Tadasana/ Samasthiti
to Urdhva Baddhanguliyasana
(change interlock)
2x



- 3 Vrksasana
2 x each side



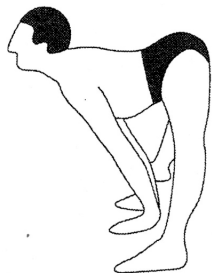
- 4 Utthita Trikonasana
2 x each side



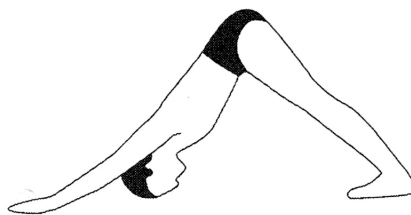
- 5 Utthita Parsvakonasana
2 x each side



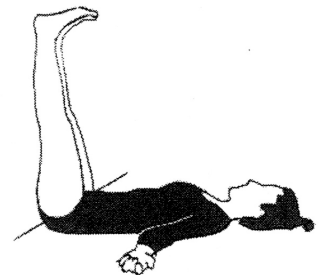
- 6 Parsvottanasana
(hands on hips; concave back)
2 x each side



- 7 Prasarita Padottanasana
(hands on floor; arms straight;
concave back)
2 x



- 8 Adho Mukha Svanasana
2 x



- 9 Urdhva Prasarita Padasana
(resting version: legs up wall,
back on floor)
stay quietly for 5 minutes