









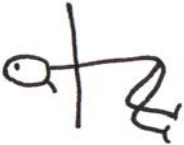















# Customized Home Practice

Select a pose from each type in either Gentle, Beginner, Continuing Beginner or Intermediate to create a custom home practice

	LEVEL I (Gentle)	LEVEL II (Beginner)	LEVEL III (Continuing Beginner)	LEVEL IV (Intermediate)
WARM-UPS	Apanasana (knees to chest)	 Cat/Cow	 Supta Padangusthasana I, II, III (reclining hand to foot pose)	 Uttanasana (standing forward bend)
HIP OPENING POSES	 Thread the Needle	Chair Hip Opener	Eka Pada Rajakapotasana (one-legged king pigeon)	Square Pose
POSES FOR SPINAL TRACTION	Extended Puppy Pose	Chair Adho Mukha Svanasana (chair downward facing dog)	Adho Mukha Svanasana (downward facing dog)	Adho Mukha Svanasana (lift legs) (downward facing dog – lift legs)
STANDING POSES	Vrksasana (tree pose)	Virabhadrasana I (warrior I)	Trikonasana (triangle pose)	Parsvakonasana (side angle pose)
STANDING FORWARD BENDS	Wall Hang Uttanasana (supported standing forward bend)	Uttanasana (standing forward bend)	Padangusthasana (hand to foot pose)	Parsvottanasana (intense side stretch)

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	LEVEL I (Gentle)	LEVEL II (Beginner)	LEVEL III (Continuing Beginner)	LEVEL IV (Intermediate)
BACKBENDS	 <p>Salamba Setu Bandha (supported bridge pose)</p>	 <p>Setu Bandha (bridge pose)</p>	 <p>Bhujangasana (cobra pose)</p>	 <p>Urdhva Mukha Svanasana (upward facing dog)</p>
TWISTING POSES	 <p>Reclining Twist</p>	 <p>Marichyasana (Marichi's twist)</p>	 <p>Bharadvajasana (Bharadvaja's twist)</p>	 <p>Ardha Matsyendrasana</p>
INVERTED POSES	 <p>Instant Maui (legs in a chair, hips on block)</p>	 <p>Viparita Karani (legs up the wall)</p>	 <p>Salamba Sarvangasana (supported shoulderstand)</p>	 <p>Salamba Sirsasana (headless headstand on chairs)</p>
COOL DOWN POSES	 <p>Apanasana (knees to chest)</p>	 <p>Reclining Twist</p>	 <p>Anandabalasana (happy baby)</p>	 <p>Reclining Cross-leg Twist</p>
RELAXATION POSES	 <p>Savasana (corpse pose)</p>	 <p>Supta Baddha Konasana (reclining bound angle)</p>	 <p>Block Backbend</p>	 <p>Viparita Karani (legs up the wall)</p>