














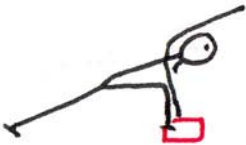










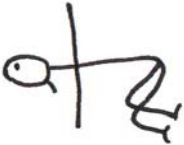















Customized Home Practice

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

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)
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>