



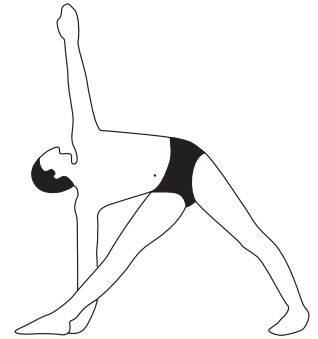
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



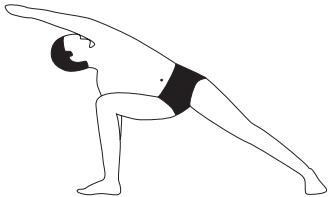
1 *Ūrdhva Hastāsana*  
2 x



2 *Utkaṭāsana*  
3 x



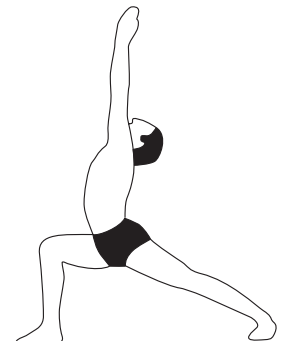
3 *Utthita Trikoṇāsana*  
2 x each side



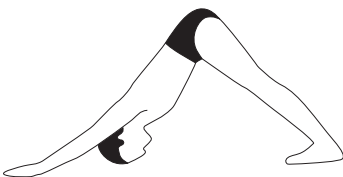
4 *Utthita Pārśvakoṇāsana*  
2 x each side



5 *Vimānāsana*  
2 x each side



6 *Vīrabhadrāsana I*  
2 x each side



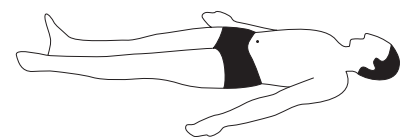
7 *Adho Mukha Śvānāsana*  
2 x



8 *Catuṣpādāsana*  
2 x



9 *Adho Mukha Vīrāsana*  
(release the back)



10 *Śavāsana*  
(legs resting on chair or support; 5 minutes)