



(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.)



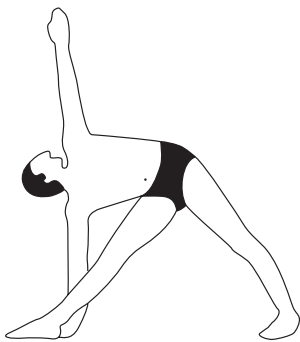
1 *Sukhāsana*
(change cross)
1 x



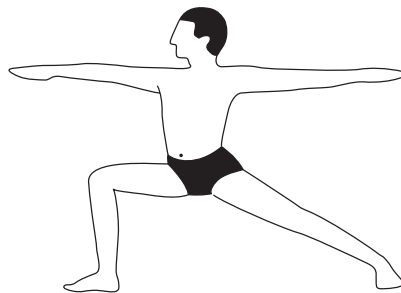
2 *Sukhāsana Twist*
(simple cross legs, twist,
change cross, and repeat)
2 x



3 *Adho Mukha Vīrāsana*
(extend arms forward
then change cross)



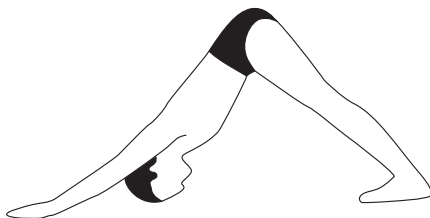
4 *Utthita Trikoṇāsana*
2 x each side



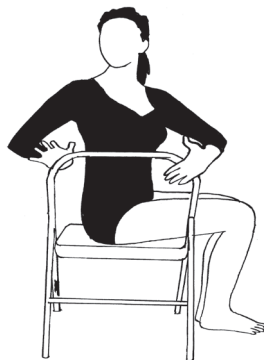
5 *Vīrabhadrāsana II*
2 x



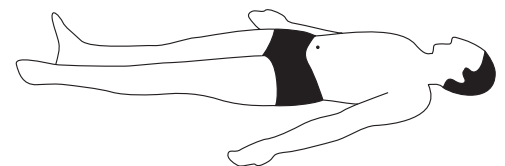
6 *Ardha Candrāsana*
(with or without wall)
2 x



7 *Adho Mukha Śvānāsana*
2 x



8 *Bharadvājāsana*
(in chair)
2 x



9 *Śavāsana*
5 minutes