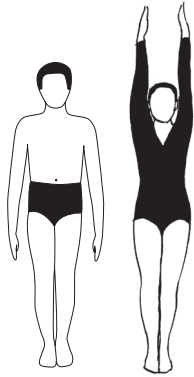
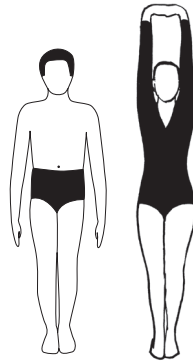




(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



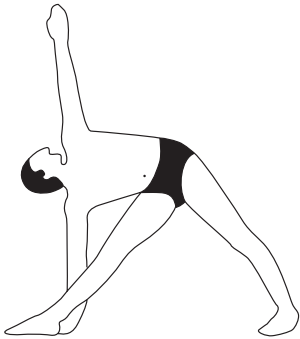
1 *Tāḍāsana/Samasthiti*
to *Ūrdhva Hastāsana*
3 x



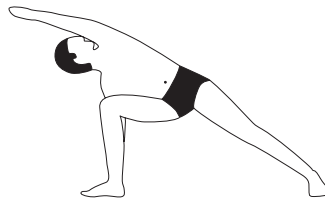
2 *Tāḍāsana/Samasthiti*
to *Ūrdhva Baddhāngulīyāsana*
(change interlock)
2 x



3 *Vṛkṣāsana*
2 x each side



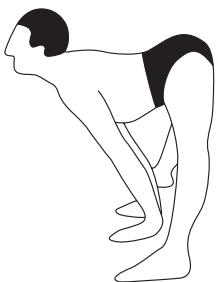
4 *Utthita Trikoṇāsana*
2 x each side



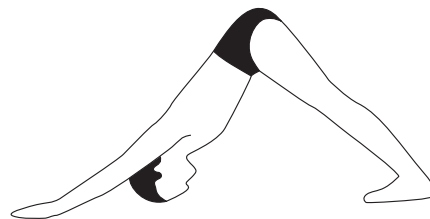
5 *Utthita Pārśvakoṇāsana*
2 x each side



6 *Pārśvottānāsana*
(hands on hips; concave back)
2 x each side



7 *Prasārita Pādottānāsana*
(hands on floor, arms straight;
concave back)
2 x



8 *Adho Mukha Śvānāsana*
2 x



9 *Ūrdhva Prasārita Pādāsana*
(resting version: legs up wall,
back flat on floor)
stay quietly for 5 minutes