HOME PRACTICE SEQUENCE
LEVEL II
Sequence 1

(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. Tādāsana/Samasthiti to Urdhva Hastāsana 2 x

2. Utthita Trikoṇāsana 2 x

3. Utthita Paśvakōṇāsana 2 x each side

4. Ardha Candraśana 2 x

5. Vīmānāsana 2 x each side

6. Pariṇītta Trikoṇāsana 2 x

7. Pariṇītta Pārśvakōṇāsana 2 x

8. Uttānāsana 1 x

9. Prasārita Pādottānāsana 1 x
HOME PRACTICE SEQUENCE
LEVEL II
Sequence 1 (cont)
(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.)

10 Sālamba Śirṣāsana
1-5 minutes

11 Adho Mukha Vīrāsana
(rest for 15 seconds)

12 Catuṣpādāsana
3 x

13 Sālamba Sarvāṅgāsana
3-8 minutes

14 Eka Pāda Sarvāṅgāsana
2 x

15 Pārśva Halāsana
2 x

16 Šavāsana
5-10 minutes

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HOME PRACTICE SEQUENCE
LEVEL II
Sequence 2

(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. **Adho Mukha Vīrāsana**
   - 30 secs. to 1 min.

2. **Adho Mukha Śvānāsana**
   - 1-3 minutes

3. **Uttānāsana**
   - 1-3 minutes

4. **Pārśvottānāsana**
   - 2 x

5. **Prasārita Pādottānāsana**
   - 1 x

6. **Sālamba Śīrṣāsana** (optional)
   - 1-5 minutes

7. **Sālamba Sarvāngāsana**
   - 3-8 minutes

8. **Halāsana**
   - 1-3 minutes

9. **Pāhāsana**
   - 1-3 minutes
HOME PRACTICE SEQUENCE
LEVEL II
Sequence 2 (cont)

(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.)

10 Upavistha Konasana
1-3 minutes

11 Parsva Upavistha Konasana (upright twist)
1 minute

12 Paschimottanasana
1-3 minutes

13 Baddha Konasana
1-3 minutes

14 Janu Sirsasana
2 x

15 Pavanmuktasana
1 x

16 Caturpadasana
2 x

17 Savasana
(with support under knees)
HOME PRACTICE SEQUENCE
LEVEL II
Sequence 3

(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 Adho Mukha Virāsana
30 secs. to 1 min.

2 Adho Mukha Śvānāsana
1-3 minutes

3 Čudrhva Hastāsana
2 x

4 Ĉudrhva Baddhāṅguliyāsana
2 x

5 Virabhadṛāsana II
2 x

6 Virabhadṛāsana I
2 x

7 Adho Mukha Śvānāsana
1 minute

8 Sālamba Śīrāsana
3-5 minutes

9 Bharadvājāsana
4 x
HOME PRACTICE SEQUENCE
LEVEL II
Sequence 3 (cont)

(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.)

10 Úrdhva Mukha Śvānāsana (on chair) 6 x

11 Dvi Pāda Vipāṭita Dandāsana (on chair) 2 x

12 Uṣṭrāsana 3 x

13 Adho Mukha Śvānāsana (hands to wall) 1 minute

14 Utthānāsana (resting) 1 minute

15 Pārśva Utthānāsana 3 x

16 Ardha Halāsana (legs resting on chair) 3.5 minutes
HOME PRACTICE SEQUENCE
LEVEL II
Sequence 4

(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. Adho Mukha Vīrāsana (head supported/resting) 1-3 minutes
2. Adho Mukha Śvānāsana (head supported/resting) 1-3 minutes
3. Uttānāsana 1 x
4. Praṣārita Pādottānāsana (head supported on floor or block) 1-3 minutes
5. Sālamba Śirṣāsana 1-5 minutes
6. Chair Sarvāṅgāsana or Setu Bandha (over bolster) 1-3 minutes
7. Supta Baddha Konāsana (supported) 5-8 minutes
8. Supta Vīrāsana (supported) 5-8 minutes or as long as comfortable
9. Paścimottānāsana (head supported) 1-3 minutes
10. Śavāsana 5-10 minutes or as time permits