



DIG YOGA HOME PRACTICE SEQUENCE



easy crossed leg



cat/cow- 3x



down dog



standing forward bend



mountain



mountain-
shoulder stretch



down dog



plank



push-up



cobra



down dog



chair



extended right angle-
both sides



wide-legged standing
forward bend



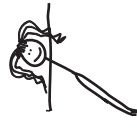
triangle-
both sides



tree



down dog



side plank-
both sides



pigeon



lunge thigh stretch



childs pose



bridge



upward facing bow



firelog



cobblers



one-legged seated
forward bend



seated
bent leg twist



seated
forward bend



reclined easy
twist



reclined
knees to chest



corpse



meditation

*"Do your practice
and all is coming."*

~Sri K Patthabi Jois