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 Tadāsana/Samasthiti to Ěrdhva Hastāsana 2 x

2 Utthita Trikoṇāsana 2 x

3 Utthita Pārśvakoṇāsana 2 x each side

4 Ardha Candraśana 2 x

5 Vimānāsana 2 x each side

6 Pariṇītta Trikoṇāsana 2 x

7 Pariṇītta Pārśvakoṇāsana 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 Śīrṣāsana
   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 Śavāsana
   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 Sarvāṅgāsana**
   - 3-8 minutes

8. **Halāsana**
   - 1-3 minutes

9. **Daṇḍāsana**
   - 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 Upavīṣṭa Koṇāsana
1-3 minutes

11 Pārśva Upavīṣṭa Koṇāsana
(upright twist)
1 minute

12 Pāścimottānasāna
1-3 minutes

13 Baddha Koṇāsana
1-3 minutes

14 Jānu Śīrṣāsana
2 x

15 Pavanmuktāsana
1 x

16 Catuṣpādāsana
2 x

17 Śavāsana
(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 Vīrāsana
   30 secs. to 1 min.

2. Adho Mukha Śvānāsana
   1-3 minutes

3. Urdhva Hastāsana
   2 x

4. Urdhva Baddhāṅguliyāsana
   2 x

5. Vīrabhadrāsana II
   2 x

6. Vīrabhadrāsana I
   2 x

7. Adho Mukha Śvānāsana
   1 minute

8. Sālamba Śīrṣāsana
   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 Ūrdhva Mukha Śvānāsana
(on chair)
6 x

11 Dvi Pāda Vipāraṇa Doṣāsana
(on chair)
2 x

12 Uṣṭūrāsana
3 x

13 Adho Mukha Śvānāsana
(hands to wall)
1 minute

14 Uttānāsana
(resting)
1 minute

15 Paṭāka Uttānāsana
3 x

16 Ardha Halāsana
(legs resting on chair)
3-5 minutes
1. **Adho Mukha Virāsana**
   (head supported/resting)
   1-3 minutes

2. **Adho Mukha Śvānāsana**
   (head supported/resting)
   1-3 minutes

3. **Uttānāsana**
   1x

4. **Prasārita Pādottānāsana**
   (head supported on floor or block)
   1-3 minutes

5. **Sālamba Śīrṣāsana**
   1-5 minutes

6. **Chair Sarvāṅgāsana or Setu Bandha (over bolster)**
   1-3 minutes

7. **Supta Baddha Koṇāsana**
   (supported)
   5-8 minutes

8. **Supta Virāsana**
   (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

*(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.)*