HOME PRACTICE SEQUENCE
LEVEL I
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. Tāḍāsana/Samasthiti to Īrdhva Hastāsana
   3 x

2. Tāḍāsana/Samasthiti to Īrdhva Baddhāṅguliāsana
   (change interlock)
   2 x

3. Vṛksāsana
   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. Īrdhva Prasārita Pādāsana
   (resting version: legs up wall, back flat on floor)
   stay quietly for 5 minutes
HOME PRACTICE SEQUENCE
LEVEL I
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. Utthita Trikonāsana 2 x each side
2. Vīrabhadrasana II 2 x each side
3. Ardha Uttānāsana (half Uttānāsana; hands on wall at shoulder height; concave back) 1 x
4. Pārvottānāsana (concave back; hands on chair or blocks) 2 x
5. Prāsārita Pādottānāsana (hands on floor, arms straight; concave back) 2 x
6. Sukhāsana (simple cross legs; switch cross and twist to each side) 2 x
7. Baddha Konāsana (back supported against wall or couch) sit on support for several minutes
8. Vajrāsana (Urdhva Hasta & Parvatāsana in Vajrāsana) sit with blanket between calves and thighs
9. Adho Mukha Vīrāsana (knees apart; relax forward; then arms forward) 2 x
10. Pavanmuktāsana
11. Adho Mukho Svānāsana 2 x
12. Supta Baddha Konāsana (with support under legs, back, and head)
HOME PRACTICE SEQUENCE
LEVEL I
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 Udhrava Hastasana 2 x
2 Utkaatasana 3 x
3 Utthita Trikoonasana 2 x each side
4 Utthita Parsvakonasana 2 x each side
5 Vimaanasana 2 x each side
6 Virabhadrasana I 2 x each side
7 Adho Mukha Svanasana 2 x
8 Catupaddasana 2 x
9 Adho Mukha Virasana (release the back)
10 Savasana (legs resting on chair or support; 5 minutes)
HOME PRACTICE SEQUENCE
LEVEL I
Sequence 4

(Whenever 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 Virāsana (extend arms forward then change cross)

4. Utthita Trikoṇāsana 2 x each side

5. Viśrābhadrāsana II 2 x

6. Ardha Candraşāsana (with or without wall) 2 x

7. Adho Mukha Śvānāsana 2 x

8. Bharadvājāsana (in chair) 2 x

9. Śavāsana 5 minutes