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.
(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.)
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. Utthānāsana
   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. Daṇḍāsana
   1-3 minutes
(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 *Upaviṣṭa Koṇāsana*  
1-3 minutes

11 *Pārśva Upaviṣṭa Koṇāsana*  
(upright twist)  
1 minute

12 *Pāścimottānāsana*  
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 Virāsana  
   30 secs. to 1 min.
2. Adho Mukha Śvānāsana  
   1-3 minutes
3. Urdhva Hastāsana  
   2 x
4. Urdhva Baddhānguliyāsana  
   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 Ěrdhva Mukha Śvānāsana
(on chair)
6 x

11 Dvi Pāda Vipāṭa Daṇḍāsana
(on chair)
2 x

12 Usṣṭāsana
3 x

13 Adho Mukha Śvānāsana
(hands to wall)
1 minute

14 Uttānāsana
(resting)
1 minute

15 Pārśva Uttānāsana
3 x

16 Ardha Halāsana
(legs resting on chair)
3-5 minutes

©IYAGNY
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 Prasārita Pādottānāsana
(head supported on floor or block)
1-3 minutes

5 Sālamba Śīrṣāsana
1-5 minutes

6 Chair Savāṅgāsana or Setu Bandha (over bolster)
1-3 minutes

7 Supta Baddha Koṇāsana
(supported)
5-8 minutes

8 Supta Vīrāsana
(supported)
5-8 minutes or as long as comfortable

9 Pāścimottānāsana
(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.)