SEQUENCE for Acquaintance #2 from Basic Guidelines

**Uttistha Sthiti**
Uttanasana:
Intense Stretch Pose

Adho Mukha Svanasana :
Downward Facing Dog Pose

Prasarita Padottanasana :
Wide Apart Feet Intense Stretch Pose

Uttanasana :
Intense Stretch Pose

Padangusthasana :
Big Toe Pose

**Upavistha Sthiti**

Adho Mukha Svanasana :
Downward Facing Dog Pose

Uttanasana :
Intense Stretch Pose

Urdhva Hasta Dandasana :
Upward Hands in Dandasana

Baddha Konasana :
Bound Angle Pose

Upavistha Konasana :
Seated Angle Pose

Padangustha Dandasana :
Holding Big Toes in Dandasana

**Paschima Pratana Sthiti**

Adho Mukha Virasana :
Downward Facing Hero's Pose

Paschimottanasana :
Intense Stretch of the Back Body Pose

Janu Sirsasana :
Head of the Knee Pose

Virasana :
Hero's Pose

Parvatasana in Virasana :
Binding Fingers Overhead in Virasana

Gomukhasana :
Cow Face Pose

Parvatasana in Virasana :
Binding Fingers Overhead in Svastikasana

Svastikasana:
Simple Cross Legged Pose

Parvatasana :
Binding Fingers overhead in Svastikasana
SEQUENCE for Acquaintance #2 from Basic Guidelines - p.2

- Triang Mukhaikapada
  - Paschimottanasana: 3 Limbs Facing One Leg Intense Stretch of the Back Body Pose
- Marichyasana 1:
  - Pose Dedicated to Sage Maricy
- Upavistha Konasana:
  - Seated Angle Pose

- Paschimottanasana: Intense Stretch of the Back Body Pose
- Viparita Sthiti
  - Bharadvajasana I:
    - Sage Bharadvaja’s Pose
- Bharadvajasana II:
  - Sage Bharadvaja’s Pose

- Bharadvajasana on a chair:
  - Pose dedicated to Sage Bharadvaja
- Viparita Sthiti
  - Salamba Sirsasana:
    - Supported Head Stand
- Salamba Sarvangasana:
  - Supported Shoulder Stand

- Eka Pada Sarvangasana:
  - One Leg Shoulder Stand
- Parsvaikapada Sarvangasana:
  - One Leg to the Side Shoulder Stand
- Halasana:
  - Plow Pose

- Karnapidasana:
  - Ear Pressure Pose
- Supta Konasana:
  - Reclining Angle Pose
- Parsva Halasana:
  - Lateral Plow Pose

- Halasana:
  - Plow Pose
- Paschimottanasana:
  - Intense Stretch of the Back Body Pose
- Visranta Karaka Sthiti
  - Savasana:
    - Corpse Pose
- Pranayama:
  - Ujjayi I & II

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