



HOME PRACTICE SHEET - LEVEL 2 SEQUENCE I

In all poses keep breathing naturally 😊 stay for 5-6 cycles of breath in each pose if you can, if not come up, recover and repeat.

Pain? Skip to next pose. **Period? Leave this sequence for another day.**

For Level 2 we assume you have a minimum of 6 months experience in class and will know what supports you may need so have available a chair, bricks/blocks/books/blankets/belts to zero – as required.



1) ADHO MUKHA VIRASANA

Touch toes, knees apart and sit on heels.

Walk hands forward, elbows lifted tight and press down with hands.



2) VIRASANA

Knees together, feet outside hips. Take a raise for buttocks, as necessary.



3) PARVATASANA

Sit in (2). Remember to change the interlink of the fingers and therefore do twice.



4) ADHO MUKHA SVANASANA

Measure up in (1), hands and feet shoulder width. Hips high, knees tight, elbows tight. Repeat twice.



5) TADASANA +



6) GOMUKASANA

Ideally do (6) while standing in (5), so in TADASANA take arms into GOMUKASANA.

Either fast wind milling of arms (one up one down) and slapping back or slow with a belt to facilitate catch if necessary.



7) TRIKONASANA

Press down well with both feet and the hand. A raise for the hand will help you turn to look at ceiling.



8) VIRABHADRASANA 2

Keep trunk upright as you bend the knee to make a square – use a mirror!



9) VIRABHADRASANA 1

Work to keep back knee tight and lift trunk up as much as possible.



10) VIRABHADRASANA 3

Come into this from (9), ensure chest and toes of raised leg face floor. Repeat twice.



11) UTHITA PADANGUSTASANA 1

Use a wall or chair for support, extend both legs well, lift and open chest. Use a belt to reach foot. Stay upright.



12) SIRSASANA

Only practice this pose if you have been taught how to do safely in class.



13) SUPTA VIRSASANA

Take support to stay without strain. Start with hands outside hips then level with shoulders before extending them overhead.



14) ADHO MUKHA SVANASANA

Start lying on your front, hands under shoulders, tuck toes under, press hands to come up. Repeat twice



15) CHATURANGA DANDASANA

Start lying on your front as in (14). KNEES TIGHT, engage tailbone. Repeat twice, touch and go.



16) SALABHASANA

From lying as in (14) stretch arms and legs back and balance on belly. Repeat twice, touch and go.



17) URDVA MUKHA SVANASANA

From lying as in (14) press with hands to stretch trunk up, keep knees tight. Repeat twice.



18) DHANURASANA

Progress from (16) by catching your ankles, kick back and lift. Repeat twice, touch and go.



19) ADHO MUKHA SVANASANA

Work arms and legs well.
Lift hips high to help release back. Repeat twice.



20) DWI PADA VIPARITA DANDASANA

Not quite as shown – have the legs parallel to the floor (i.e. on a raise or to the wall) and only practice this pose if you have been taught how to do safely in class.



21) PARIPURNA NAVASANA

Repeat twice.



22) SARVANGASANA

Only practice this pose if you have been taught how to do safely in class.



OR



23) HALASANA

Only practice this pose if you have been taught how to do safely in class.



24) SAVASANA

Use blanket/bolster as required to BREATHE & RELAX - 😊

