



HOME PRACTICE SHEET - LEVEL I SEQUENCE 5

In all poses keep breathing naturally 😊 stay for 3 cycles of breath in each pose if you can.

Repeat poses (1-14) 2 times each.



1) ADHO MUKHA VIRASANA

Sit on heels, use a blanket if knees strain at all.
Take knees apart.
Walk hands forward, elbows tight.
Support head to free neck and shoulders.



2) ADHO MUKHA SVANASANA

Come into this from all 4's.
Press hands firmly, straighten arms, lift hips
Lift shoulders away from ears to waist, lengthen waist to hips or take hands to wall to help find these actions.
Press thighs back or take heels to wall to find this action.



3) UTTANASANA

Stand with feet hip width apart.
Raise arms as in 4) and fold to hold elbows.
Extend forwards to go down.
If stiffness in back or hamstrings take feet wider or use a chair (back or seat) for arms.



4) URDHVA HASTASANA

Start with feet together, squeeze legs in to touch.
Roll shoulders back.
Extend arms forward and up.
Ensure elbows and knees remain tight.



5) TRIKONASANA

Start in TADASANA jump or step wide, wrists over ankles.
Turn R foot out L foot in, R heel in line with L instep. Turn out R thigh and hip fully.
Stretch the trunk over R leg, support hand on shin, brick or chair.
Turn navel forwards and upwards.
Look up if no neck pain, otherwise forward or even down.
Repeat on L side.



6) PARSVAKONASANA

You may need a brick/book/chair for your hand.
From TADASANA come wider than 5) and turn feet.
Bend R knee to make a square, , keep the knee over the ankle.
Keep L leg stretched and firm before extending L arm in line with trunk, head and L ear.
Turn navel to face forwards and upwards.
Repeat on other side.



7) PARIGASANA

Start kneeling at the front of your mat, then bring the R foot also to the front edge of the mat and make the R knee form a square.
Work to open hips here, pressing back of R hand against knee, before stretching the leg out to make the shape shown.
Stretch out with the arms, rotate shoulders back and palms up then extend sideways over the R leg
Repeat on other side.



8) PARSVOTTANASANA

Start with hands up back in 'paschima namaskar' then jump or step legs as in 5)
(Hold the elbows if stiff.)
Turn to face narrow end of mat, extend spine forwards, lift chin, take chin towards shin.



9) PRASARITA PADOTTANASANA 1

Wide stance, press outer feet down well, pull up knees and thigh muscles to straighten legs.
Exhale extend forward and extend the trunk out of the pelvis.
Pause with hands under shoulders and pull in support for the hands if required.
Stay here if it's strong, otherwise move on by bending elbows back to bring crown of head to face floor.
Lift shoulders more for head to release downwards.



10) PDAHASTASANA

Shown as UTTANASANA but if you can take the palms under the soles of the feet that's preferable.
Work with feet hip width apart this progression gives more stretch to the legs and more flexibility in the spine.
Remember to pause and look up once the hands are placed before drawing yourself down further.
Widen elbows to the side to draw in and open chest.



11) DANDASANA

Sit on a raise if required, legs and feet together, pull up thigh muscles. Lift spine, open chest. Roll shoulders back and take shoulder blades into back body to open chest.



12) MARICHYASANA I twist

From 11) sit on raise. Bend up L leg so knee faces ceiling and heel is in line with its own buttock. Take L elbow inside L knee and turn to right side. Swing L arm back entwine or catch hands if you can or use a belt. Move back ribs and shoulder blades into body to open chest and turn more.



13) BHARADVAJASANA I

Usually best with a raise, take feet to the L to turn to the right side. Place L ankle on R arch, keep soles of feet facing the ceiling. Take R hand behind and L hand to R knee, turn, including head and neck, catch if you can. Change sides.



14) MALASANA

Squatting with feet together, heels pressing down (use a raise under heels if they leave the ground). Groins moving back. Allow knees to part enough for chest to come forward and keep them squeezing chest. Reach forward and hold the sides of the mat.



15) SARVANGASANA

Only practice this pose if you already do it in class. MAKE A RAISE FOR YOUR SHOULDERS, THE HEIGHT OF 4 FINGERS. Have your head on the floor and ideally a belt for your elbows. Bend the knees in, lift hips up, support the back immediately with your hands. Straighten your legs as in the standing poses. Brings hands closer to shoulder blades to lift spine and open



16) HALASANA

Only practice this pose if you already do it in class. Make sure to use a chair or wall for the feet if needed for back or hamstring stiffness. Knees tight, chest open, breathe well.



17) SUPTA BADDHA KONASANA

Sitting up bring the soles of the feet together and take the knees wide apart.
Place a belt around the feet and back of the pelvis to help to lengthen the spine.
Only extend the arms overhead if this is a nice stretch for you.



12) SAVASANA

Take a blanket for the head. Sit in the centre of your mat with knees bent.
Lower the trunk down, place head and neck on blanket then stretch out the legs one by one.
Start with hands on tummy before taking them out to the side, about hip level.
BREATHE - RELAX - 😊

