



(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*
(head supported/resting)
1-3 minutes



2 *Adho Mukha Śvānāsana*
(head supported/resting)
1-3 minutes



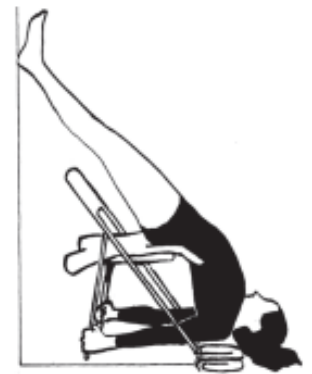
3 *Uttānāsana*
1 x



4 *Prasārita Pādottānāsana*
(head supported on floor or block)
1-3 minutes



5 *Salamba Śīrṣāsana*
1-5 minutes



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



7 *Supta Baddha Koṅāsana*
(supported)
5-8 minutes



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



9 *Paścimottānāsana*
(head supported)
1-3 minutes



10 *Śavāsana*
5-10 minutes or as time permits