

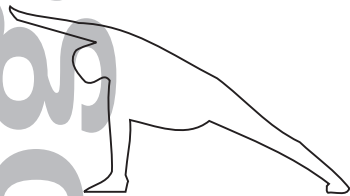
15-20 minute practice*



Adho Mukha Svanasana



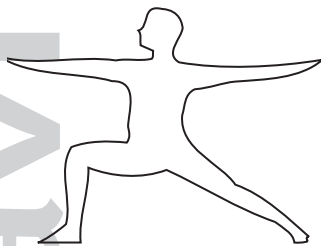
Trikonasana



Parsvakonasana



Virabhadrasana 1



Virabhadrasana 2



Utkatasana

Monday
Supta Baddhakonasana
Virasana forward bend
Utkatasana
Trikonasana
Adho Mukha Svanasana
Uttanasana (to wall or ledge)
Sukhasana with parvatasana and twists
Sukhasana hands forward spine straight
Savasana

Tuesday
Virasana forward bend
Parvatasana (Virasana)
Adho Mukha Svanasana
Tadasana
Trikonasana
Parsvakonasana
Navasana
Adho Mukha Svanasana
Viparita Karani

Wednesday
Virasana forward bend
Tadasana
Trikonasana
Virabhadrasana 1
Adho Mukha Svanasana
Sukhasana with parvatasana and twists
Sukhasana hands forward spine straight
Bharadvajasana (in chair)
Savasana

Thursday
Virasana forward bend
Dandasana
Parvatasana (Dandasana)
Tadasana
Uttanasana (to wall or ledge)
Trikonasana
Virabhadrasana 2
Sukhasana with twists
Viparita Karani

Friday
Virasana forward bend
Adho Mukha Svanasana
Tadasana
Trikonasana
Parsvottanasana
Parvatasana (Virasana)
Navasana
Viparita Karani

Saturday 20-30 mins
Adho Mukha Svanasana
Uttanasana (to wall or ledge)
Tadasana
Trikonasana
Parsvakonasana
Prasarita Padottanasana
Sarvangasana to wall
Bharadvajasana (in chair)
Sukhasana with parvatasana and twists
Sukhasana hands forward spine straight
Savasana

Sunday
Rest day or your choice

Poses	Timing	Ref.	* To complete the practice in 15 minutes move quickly from one pose to the next. If you run out of time leave some poses out but try to retain Savasana. If you have extra time include Sarvangasana
Supta Baddhakonasana	3 mins	28	
Virasana forward bend	5 breaths	16	
Sukhasana	2 x 5 breaths	14	
Virasana	1 min	15	
Parvatasana	2 x 5 breaths	17	
Adho Mukha Svanasana	5 breaths	31	
Bharadvajasana (in chair)	2 x 5 breaths	33	
Tadasana	10 breaths	1	
Trikonasana	2 x 5 breaths	3	
Parsvakonasana	2 x 5 breaths	4	
Virabhadrasana 1	2 x 5 breaths	5	
Virabhadrasana 2	2 x 5 breaths	6	# Exclude these poses when menstruating
Parsvottanasana	2 x 5 breaths	7	
Prasarita Padottanasana	5 breaths	8	
Uttanasana (to wall or ledge)	5 breaths	9	
Dandasana	5 breaths	18	
Utkatasana	5 breaths	12	
Sarvangasana to wall	2 mins	38 #	
Navasana (boat pose, knees bent)	2 x 5 breaths	#	
Viparita Karani	3 mins	40 #	
Savasana	3 mins	41	

All reference numbers: "How to Use Yoga" by Mira Mehta (\$10 at the desk)



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