



HOME PRACTICE SHEET - LEVEL I SEQUENCE 6

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

Repeat poses (1-8) 2 or 3 times.



1) ADHO MUKHA VIRASANA

Sit on heels, use a blanket if knee strain.
Knees apart.
Walk hands forward, elbows tight.
Support head to free neck and shoulders.



2) ADHO MUKHA SVANASANA

Come into this from 1) above.
Ensure elbows and knees are tight.
Allow spine to stretch, lifting heels will help with this.



3) URDHVA HASTASANA

Start with feet together, squeeze legs in to touch.
Roll shoulders back.
Extend arms forward and up.
Ensure elbows and knees are tight.
(Practice with a wall behind to improve alignment).



4) UTKATSANA

Repeat 3)
Bend the knees as if going to sit on a chair.
Ensure you keep the back stretched out as in 2), perhaps use a wall for support.
i.e. NOT sticking the bottom out as shown in this picture!!



5) TRIKONASA

Start in TADASANA, jump or step wide.
Turn R foot out L foot in, R heel in line with L instep. Extend over R leg, ensure nose remains over big toe to keep extension of spine, the hand is unlikely to reach the ground at this stage so place on the shin. Turn navel forwards and upwards.
Repeat on L side.



6) VIRABHADRASANA 2

Start in TADASANA jump or step wide.
Turn R foot out L foot in, R heel in line with L instep.
Bend R knee to make a square if you can, keep shin perpendicular and do not let the knee 'drift' out of line.
Lift spine and open chest well.
Keep L knee and both elbows tight. Turn navel forwards.
Repeat on L side.



7) ARDHA CHANDRASANA

Start in 5), bend R knee and place hand well in front of R wee toe.
Lift and extend L leg, make all elbows and knees tight, spine long.
Turn navel forwards and upwards.
Repeat on L side.



8) UTTANASANA

Stand with feet hip width apart.
Raise arms as in 3) and fold to hold elbows.
Extend forwards and down if possible. If stiffness in back or hamstrings take feet wider or use a chair (back or seat) for arms.



9) SARVANGASANA

Only practice this pose is 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 shoulders blades to lift spine and open chest.



10) HALASANA

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



11) PASCHIMOTTANASANA

Use raise to sit on, then raise arms as in 3) and extend forwards. If stiffness in back or hamstrings take feet wider or use a chair (back or seat) for arms.
If you know you need a twist to relieve the spine before relaxing add it in here.



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 to the side.
RELAX 😊

