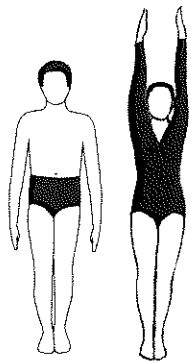
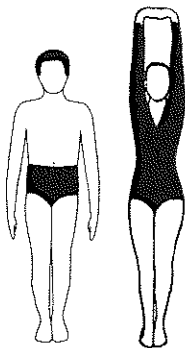




(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



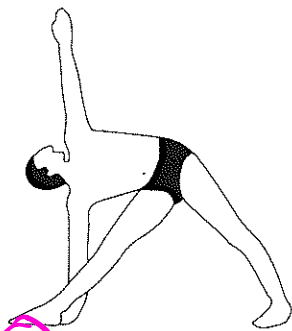
1 Tādāsana/Samasthiti
to Ūrdhva Hastāsana
3 x



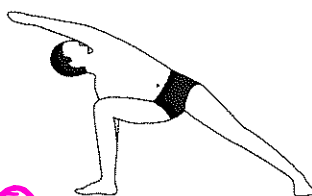
2 Tādāsana/Samasthiti
to Ūrdhva Baddhānguliyāsana
(change interlock)
2 x



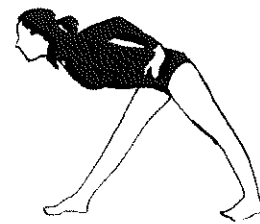
3 Vṛkṣāsana
2 x each side



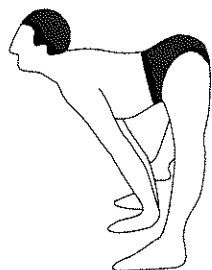
4 Utthita Trikoṇāsana
2 x each side



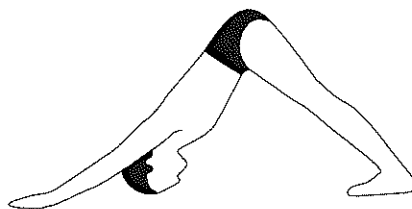
5 Utthita Pārśvakoṇāsana
2 x each side



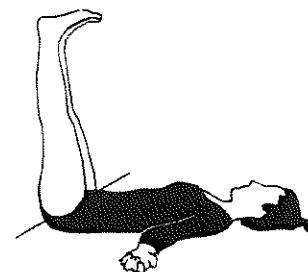
6 Pārśvottānāsana
(hands on hips; concave back)
2 x each side



7 Prasārita Pādottānāsana
(hands on floor, arms straight;
concave back)
2 x



8 Adho Mukha Śvānāsana
2 x



9 Ūrdhva Prasārita Pādāsana
(resting version: legs up wall,
back flat on floor)
stay quietly for 5 minutes

The above is a basic beginner sequence for home study. While doing any pose, remember these key points:

1. Keep feet firmly pressing down.
2. Legs are engaged and straight.
3. Knees are tight but not forced back.
4. Hips are compacted in toward each other.
5. The bottom hand can come to a block or a chair seat as able.
6. Do each pose two times on each side.
7. The sequence can be done every day, or at least every other day.

If you are looking for a QUICK sequence to strengthen legs only: Do poses 4, 5, 6, 7. Twice on each side, holding each time for a count of 10.