

Practice Program for Level II

This program includes 4 practice sequences – one sequence per day; the sequences and should be repeated every week. This program does not replace the classes you attend. It is recommended to attend two classes every week.

So, for example, if you come to classes on Tuesday and Thursday, then do sequence I.1 on Monday, sequence I.2 on Wednesday, sequence I.3 on Friday and sequence I.4 on Saturday (on Sunday you can rest or practice a few restorative poses).

- This program emphasizes the basic poses: standing poses, inverted poses, sitting poses, and abdominal poses. Later, you can move on to more advanced programs.
- In all poses that have two sides, you have to perform the specified time, on each side.
- The first page includes several poses that you can do as a warm-up before starting the practice.
- It is recommended to do Utthita Trikoṇāsana twice.
- If you don't yet practice Śīrṣāsana, do instead preparation for it, as you learned in class.
- The column with the numbers indicates the asana number in Light on Yoga (LOY) (if the asana appears there). Note, however, that in LOY the complete and final version of the pose is presented, while in our practice, some of the poses are practiced in a slightly different variation.

Warm-up Poses

You can choose several poses from the list below as a warm-up before starting the practice.

- * Adho Mukha Virasana
- * Adho Mukha Śvānāsana (hands against wall)
- * Uttānāsana (arms crossed)
- * Adho Mukha Śvānāsana (heels on wall)
- * Uttanasana (arms crossed)
- * Adho Mukha Vrksasana

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Sequence I.1 - Standing: Utthiṣṭha Sthiti

	<u>Asana No</u> <u>(LOY)</u>	<u>Light</u> <u>Practice</u>	<u>Stronger</u> <u>Practice</u>
1. Ūrdhva Baddhanguliyāsana		30 sec.	1 min.
2. Vṛksāṣana	2	40 sec.	1 min.
3. Utthita Trikoṇāsana	3	40 sec.	1 min.
4. Utthita Parsvakoṇāsana	5	40 sec.	1 min.
5. Uttānāsana	20	40 sec.	40 sec. x 2
6. Virabhadrasana I	7	40 seec	1 min.
7. Prasarita Padottanasana I	13	1 min.	2 min
8. Supta-Virasana	41	3 min.	4-5 min.
9. Adho Mukha Virasana		30 sec.	1 min.
10. Salamba Sirsasana I	74	5 min.	5-8 min.
11. Salamba Sarvangasana	87	5 min.	5-8 min.
12. Halasana	91	3-5 min.	5 min.
13. Karnapidasana	92	40 sec.	1 min.
14. Setu Bandha Sarvangasana on block	98	4-5 min.	5 min.
15. Adho Mukha Sukhasana		40 sec.	40 sec. x 2
16. Savasana	200	5 min.	5-8 min.

Sequence I.2 - Sitting - Upavistha Sthiti

	<u>Asana No</u> <u>(LOY)</u>	<u>Light Practice</u>	<u>Intense Practice</u>
1. Paśchima Namskārāsana	Photo 24	40 sec.	1 min.
2. Utthita Trikoṇāsana	3	40 sec. x 2	1 min. x 2
3. Virabhadrasana I	7	40 sec.	1 min.
4. Virbhadrasana II	8	40 sec.	1 min.
5. Uttanasana	20	40 sec.	1 min.
6. Parsvottanasana	12	40 sec.	1 min.
7. Vajrasana		1 min.	3 min.
8. Parvatasana in Vajrasana		40 sec.	1 min.
9. Adho Mukha Vajrasana		40 sec.	1 min.
10. Shoulder stretch in Vajrasana		40 sec.	1 min.
11. Eka Pada Supta Pavana Muktasana		40 sec.	1 min.
12. Supta Padangusthasana I	108	40 sec.	1 min.
13. Supta Virasana	41	1 min.	4 min.
14. Adho Mukha Virasana	Photo 92	40 sec.	1-2 min.
15. Salamba Sirsasana I	74	5 min.	8-10 min.
16. Salamba Sarvangasana	87	5 min.	8-10 min.
17. Halasana	91	3-5 min.	5 min.
18. Karnapidasana	92	40 sec.	1 min.
19. Setu Bandha Sarvangasana feet against the wall	98	3-5 min.	5-8 min.
20. Dvi Pada Supta Pavana Muktasana		40 sec.	1 min.
21. Śavāsana	200	5 min.	8-10 min.

Sequence I. 4 - Standing: Utthiṣṭha Sthiti

	<u>Asana No</u> <u>(LOY)</u>	<u>Light Practice</u>	<u>Intense Practice</u>
1. Utthita Trikonasana	3	40 sec. x 2	1 min. x 2
2. Utthita Parsvakonasana	5	40 sec.	1 min.
3. Virabhadrasana I	7	40 sec.	1 min.
4. Virbhadrasana II	8	40 sec.	1 min.
5. Ardha Candrasana	10	40 sec.	1 min.
6. Virbhadrasana III	9	40 sec.	1 min.
7. Parsvottanasana	12	40 sec.	1 min.
8. Prasarita Padottanasana I	13	1 min.	2 min.
9. Garudasana	23	40 sec.	1 min.
10. Utkatasana	17	40 sec.	1 min.
11. Adho Mukha Virasana	Photo 92	40 sec.	1 min.
12. Salamba Sirsasana I	74	5 min.	8-10 min.
13. Salamba Sarvangasana	87	5 min.	10 min.
14. Halasana	91	3 min.	5 min.
15. Karnapidasana	92	40 sec.	1 min.
16. Savasana	200	5 min.	8-10 min.

Sequence I.4 - Abdominal: Udara Akunchana Sthiti

		<u>Light Practice</u>	<u>Intense Practice</u>
1. Utthita Trikoṇāsana	3	40 sec. x 2	1 min. x 2
2. Utthita Parsvakonasana	5	40 sec.	1 min.
3. Parsvottanasana	12	40 sec.	1 min.
4. Prasarita Padottanasana I	13	1 min.	2 min.
5. Supta-Virasana	41	4 min.	5-8 min
6. Adho Mukha Virasana	Photo 92	40 sec.	1 min.
7. Sālamba Śīrṣāsana I	74	5 min.	8-10 min.
8. Supta Ūrdhva Hastāsana		40 sec.	1 min.
9. Ūrdhva Prasārita Padasana	106	<u>1 cycle</u>	<u>2 cycles</u>
30°		20 sec.	20 sec. x 2
60°		20 sec.	20 sec. x 2
90°		40 sec.	60 sec. x 2
10. Daṇḍāsana (arms up)	35	40 sec.	1 min.
11. Paripūrṇa Nāvāsana	34	40 sec.	1 min.
12. Ardha Nāvāsana	36	20 sec.	40 sec.
13. Salamba Sarvangasana	87	5 min.	8-10 min.
14. Halasana	91	3 min.	5 min.
15. Karnapidasana	92	40 sec.	1 min.
16. Setu Bandha Sarvangasana against wall	98	1 min.	27 min.
17. Adho Mukha Sukhasana		40 sec.	1 min.
18. Śavāsana	200	5 min.	8-10 min.